THE DR. SEBI SEA MOSS COOKBOOK

TEAS, TONICS, BARS & BITES, SMOOTHIES, DESSERTS, SOUPS AND MORE

KERRI M. WILLIAMS

100 RECIPES

THE DR. SEA

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Alkaline vegan Lounge

www.alkalineveganlounge.com

CONTENTS

Contents

Join Our Community
- Free Sebi Diet Starter Kit

Introduction

Chapter 1: What is Sea Moss?
- Origin and History of Sea Moss
- What is Sea Moss?
- What is Sea Moss Good for?
- The 92 Minerals in Sea Moss
- Health Benefits of Sea Moss

Chapter 2: Real Sea Moss vs Fake Sea Moss
- What is Real and Fake Sea Moss?
- How to Tell Fake Sea Moss from Real Sea Moss?
- How to Prepare Sea Moss Gel?

Juices and Drinks
- Key Limeade
  - Serving: 2
- Inca Limeade
- Viagra Cocktail
- Spiced Sea Moss Drink with Hemp Milk
- Creamy Sea Moss Drink with Coconut Milk
- Hemp Sea Moss Milk
- Squash Sea Moss Drink

Smoothies
- Sea moss Banana Smoothie
- Raisins, Raspberry, and Sea Moss Smoothie
- Kale and Linseed Smoothie
- Soursop and Sea Moss Smoothie
- Zucchini Smoothie

- Strawberry and Sea Moss Smoothie
- Raspberry and Turnips Smoothie
- Banana and Walnut Smoothie
- Apple Smoothie
- Sweet Smoothie
- Sea Moss Shake
- Fruit Smoothie
- Green Sea Moss Smoothie with Kale
- Strawberries and Sprouts Smoothie
- Berries Smoothie
- Green Smoothie with Raspberries
- Lean Green Smoothie
- Green Apple Smoothie
- Avocado Smoothie
- Watermelon Smoothie
- Morning Detox Smoothie
- Tropical Papaya Smoothie
- Soothing Smoothie
- Cleansing Smoothie

Candy

- Sesame Crunch Candy
- Walnut and Coconut Bliss Balls
- Apple Crumble
- Watermelon Jellies
- Orange Creamsicle Gummies
- Berry Gummies
- Faux Chocolate Peanut Butter Crunch Bars
- Vegan Fudge
- Red Velvet Fudge
- Blueberry Fudge
- Vegan Caramel Cups

- Swedish Mock Chocolate Balls
- Snickerdoodle Cookie Dough Truffles
- Hemp Fudge
- Candy Bars

Confections

- Banana Loaf
- Macadamia Cheesecake
- Healthy Banana Pie
- Mock Chocolate Pie
- Irish Sea Moss Jello
- Pie Parfait
- Cake Bites
- Orange Cheesecake
- Sea Moss Cocoa Cake
- Strawberry and Brazil Nuts Cheesecake
- Cake
- Raspberry Cheesecake
- Key Lime Cheesecake
- Blueberry Cheesecake
- Seaweed Muffins

Bars

- Brownies
- Hemp Bars
- Granola Bars
- Kamut Bars
- Mock Chocolate Oatmeal Bars
- Mock Chocolate Bars
- Berry Oatmeal Bars
- Blueberry Bars
- Strawberry Bars
- Cake Bars

- Cranberry Granola Bars
- Blondies
- Blackberry Coconut Bars
- Mock Chocolate Fudge Squares
- Mock Chocolate Cherry Oat Bars

Desserts

- Blanc-Mange Pudding
- White Faux Chocolate Pie
- Key Lime Parfait
- Vegan Caramel Frappe
- Quint’s Espresso Pudding
- Strawberry and Banana Ice Cream
- Mock Chocolate Ice Cream
- Coconut Ice Cream
- Panna Cotta
- Mock Chocolate Pudding
- Squash Pudding
- Squash Mousse Pie
- Seaweed Pudding
- Mock Chocolate Espresso Pudding
- Irish Moss and Ackee Mousse

Soups

- Avocado Soup
- Zucchini Soup
- Cream of Kale Soup
- Tomato Soup
- Cucumber Soup
- Cream of Mushroom Soup
- Bone Soup
- Zucchini and Avocado Soup
- Cream of Olive Soup

Avocado and Cucumber Soup
Watercress Soup
Chilled Berries Soup
Cantaloupe Soup
Butternut Squash Soup
Mango Soup

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Introduction

As the world moves away from animal-based diets, we are witnessing a major shift in consciousness when it comes to eating habits. Over the last twenty years, the public has become more health-conscious than it has ever been. Healthy living has become very trendy and plant-based diets are “IN.”

Not only is this consciousness now going mainstream, even meat-based diets now preach and admonish the incorporation of as much fruits and vegetables as possible.

Among the non-meat diets, the alkaline plant-based diet stands tall. It is super healthy and supports optimal health at all levels – physical, mental and psychology. This is because they are based on foods that help you maintain an optimal pH level within your body. These foods incorporate alkaline plant-based foods and excludes all acid-forming foods.

The Dr. Sebi Alkaline Diet, based on the principles and protocols of Alfredo Bowman, aka Dr. Sebi, is perhaps the healthiest plant-based diet there is. This dietary system not only revolves around alkaline foods, it excludes all plant-based foods that are acid-forming even if they are healthy (e.g. beans, garlic, etc). In addition, the Dr. Sebi’s healing protocol relies heavily on herbs and herbal supplements to cleanse and rejuvenate the body.

Sea moss is one of the herbs, nay foods that Dr. Sebi was particularly fond of. This is perhaps not surprising as this agrees with his African biomineral balance theory of healing the body by replenishing lost minerals caused by the presence of disease. Sea moss contains a whopping 92 minerals of 102 minerals the human body has – the only food known to man that has this much number.

He used Sea moss to treat several conditions like stiff joints, immune system imbalances and thyroid problems.

Dr. Sebi believed that to heal even from most serious conditions, you first need detox and cleanse the body on an intra-cellular level. Although many would question some of the methods used in his protocol, it has become clear that many of the life-threatening conditions are diet-related and that it is possible to reverse the consequences of such conditions with an alkaline diet. Dr. Sebi himself proved this by using himself as a lab animal – he was able to cure himself of Diabetes and impotence.

Sea moss is an incredibly nutritious sea food that has successfully been used to treat respiratory, digestive, and skin conditions; thyroid and immune system problems; fungal and viral infections, as well as poor blood circulation and even cancer.

Besides, of the 102 minerals essential for the body’s optimal health, sea moss contains 92. This makes it more nutritious than most land-grown foods.

Perhaps, instead of hunting down the Amazon rainforest in search of food, we should turn to the oceans. Sea vegetables have been part of the Asian diets for thousands of years but have only recently become popular in the West.

So, just like it helped the starving population of Ireland during the disastrous potato famine in the 1800’s, sea moss can help us feed and nourish the ever growing and increasingly nutrient-deficient population. It shouldn’t come as a surprise to many of us that even in first-world countries, a large majority of us is nutrient-deficient. And this is not because we don't have enough to eat but because what we eat is heavily processed and “lifeless”.

As Dr. Sebi would say, “Anyone who nutrient deficient is sick, anyone who is anemic is sick” Sea moss was Dr. Sebi’s preferred source of minerals. At age 82, he could go down severally on his

knees and bounce right up without hurting them. He protected his joints by consuming sea moss daily.

Fresh sea moss may not be easy to obtain but even as a gel supplement, it can improve your health in many ways. Suffice it to say that as little as two tablespoons of sea moss gel a day will significantly boost your immune system, improve your thyroid function, and deal with infections wherever in the body they may be.

Chapter 1: What is Sea Moss?

Origin and History of Sea Moss

Sea moss, also referred to as *red seaweed* or *Irish moss* , is a type of seaweed that grows throughout the year in the oceans. Although this plant has been used for thousands of years by maritime cultures, Dr. Sebi popularized it by including it in his alkaline-diet. There are several types of sea moss and the variety recommended by Dr. Sebi was *Chrondrus crispus*, which is the original Irish moss.

This edible seaweed is also known as “carrageen moss." Carrageen means “little rock” so the name describes where this plant grows. Sea moss is found throughout the world but is particularly prominent along the rocky coasts of the Atlantic. It can be found off the coasts of Ireland, Iceland, the Faroe Islands, western Baltic Sea, southern Spain, the US, Canada, and Japan.

Cultures living off the sea have always used sea moss as food, probably without realizing just how nutritious it actually is. The general public only became aware of this food during the potato famine in Ireland in the 1800s. When the potato crops failed, the Irish resorted to sea moss for food and that's what kept them alive.

Unfortunately, this is why many people associate this sea vegetable with poverty and famine. However, today, we know that seaweeds are more nutritious than vegetables grown on land and that regular consumption of this algae will not only keep you full and healthy, it will help you recover from many serious conditions. In addition, sea moss is known for its gelatinous substance which is why it has many culinary and cosmetic uses.

This sea vegetable is an excellent source of iodine, a micronutrient our thyroid needs to function well. It is also high in antioxidants that protect our cells from oxidative damage.

Sea moss can be used raw, dried, or as a gel. As a dried herb, it is used as a powder or a capsule. When fresh, it is soft and comes in several different colors, eg greenish-yellow, red, dark purple, or brown.

However, despite being super-rich in vitamins, minerals, and trace elements, seaweed is not very popular outside some maritime countries. However, this may actually be misleading because even if you've never eaten sea moss or taken sea moss supplements, you've probably used it in several other forms such as a shampoo or shower gel, milk or ice cream.

What is Sea Moss?

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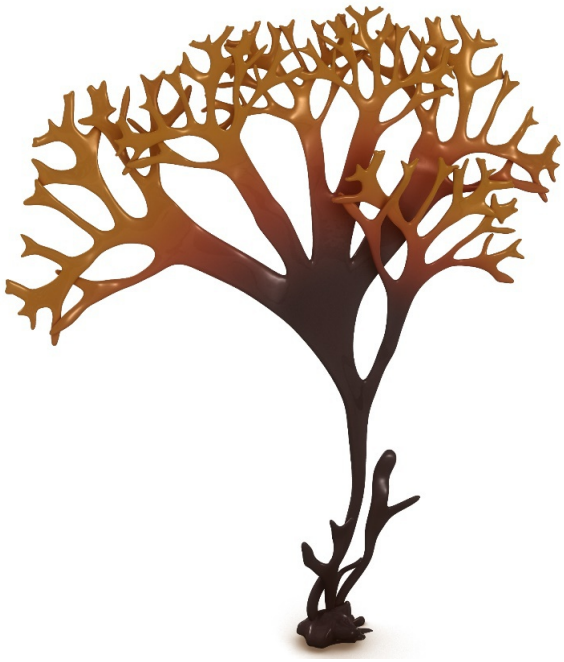

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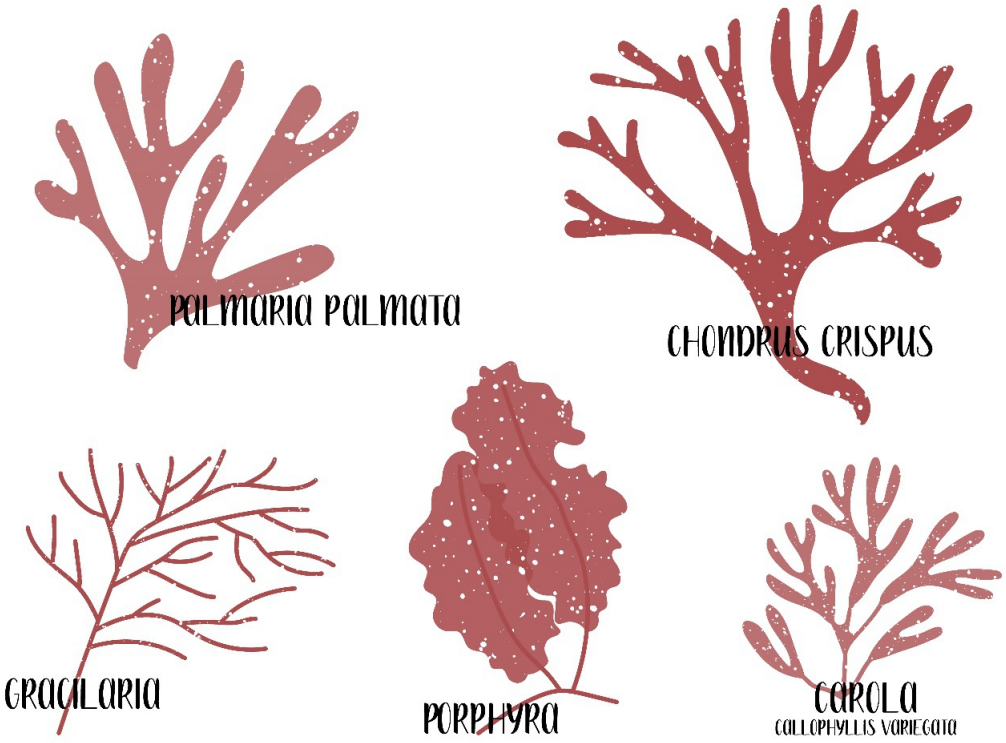


What is Sea Moss Good for?

What makes this sea food increasingly popular, is the number of minerals it contains. Of the 102 minerals our body needs to function well, sea moss contains 92. To benefit from this herb, you can use it as a vegetable, supplement, cosmetic product, or organic fertilizer.

If you want to cook it, you can use it either fresh or dried. As a supplement, it can be used as a capsule, powder, gel, or a gummy. In the powdered form, it can be taken as a supplement or added to food if you can't get hold of the fresh or dried vegetable.

As a supplement, sea moss is often taken in combination with other herbs, eg bladderwrack and burdock root. Combined, these herbs are an efficient natural remedy for several major conditions.

If turned into a gel, sea moss is usually used for the production of various skincare products, eg facial masks, lotions, toothpaste, etc. But the gel can also be used as a thickening agent in soups, stews, desserts, smoothies, etc.

In more recent times, Dr. Sebi popularized this herb by including it into his list of foods in the nutritional guide. One of the reasons he believed in its healing powers so much, is that sea moss is known to help remove mucus and replenish the cleansed cells. According to Dr. Sebi, mucus is the cause of the all diseases, and his first methodology towards healing is to detox and cleanse the cells of mucus and toxins.

Dr. Sebi also believed that regular consumption of sea moss was very beneficial for women's reproductive system and he treated both male and female infertility with sea moss. He was convinced that the high nutrient content of sea moss was what the reproductive system needed to rebalance itself.

Besides being high in magnesium and potassium, sea moss is a natural mood booster that makes you feel more alert. This not only helps you become more efficient at work, it also makes you more resilient to both stress and disease.

The 92 Minerals in Sea Moss

There are 102 nutrients found in the human body. Of the 102 minerals, sea moss contains 92 - the only food ingredient that has this much number. Although all 102 minerals are found in the human body, evidence suggests the human body may not require all for biological activity.

However, a whopping majority are essential for overall health, that is why sea moss is usually taken in combination with another sea food, *Bladderwrack* . Bladderwrack makes up for the shortfall of the remaining minerals not found in sea moss. The minerals include:

1. Actinium
2. Aluminium
3. Americium
4. Antimony
5. Argon
6. Arsenic
7. Astatine
8. Barium
9. Berkelium

10. Beryllium
11. Bismuth
12. Bohrium
13. Boron
14. Bromine
15. Cadmium
16. Caesium
17. Calcium
18. Californium
19. Carbon
20. Cerium
21. Chlorine
22. Chromium
23. Cobalt
24. Copper
25. Curium
26. Dubnium
27. Dysprosium
28. Einsteinium
29. Erbium
30. Europium
31. Fermium
32. Florine
33. Francium
34. Gadolinium
35. Gallium
36. Germanium
37. Gold
38. Hafnium
39. Hassium
40. Helium
41. Holmium
42. Hydrogen

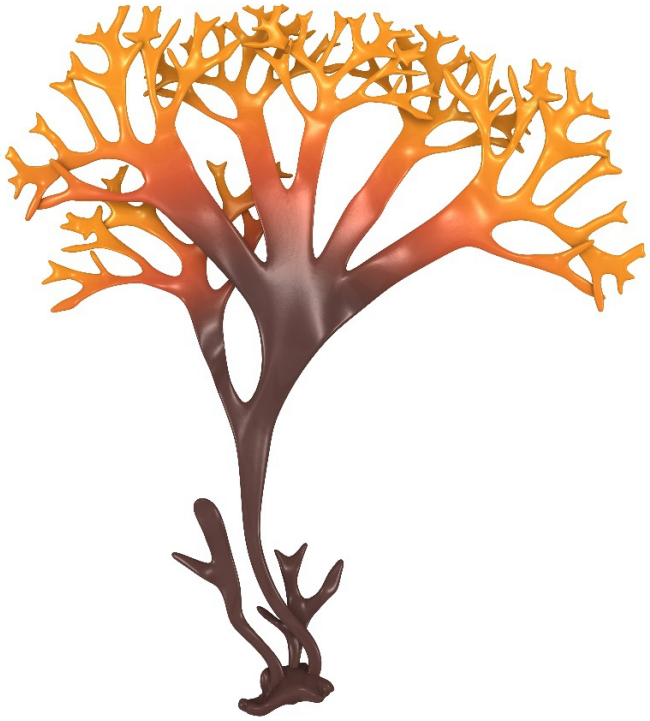
43. Indium
44. Iodine
45. Iridium
46. Iron
47. Krypton
48. Lanthanum
49. Lead
50. Lithium
51. Lutetium
52. Magnesium
53. Manganese
54. Mercury
55. Molybdenum
56. Neodymium
57. Neon
58. Neptunium
59. Nickel
60. Niobium
61. Nitrogen
62. Osmium
63. Palladium
64. Phosphorous
65. Platinum
66. Plutonium
67. Polonium
68. Potassium
69. Praseodymium
70. Promethium
71. Protactinium
72. Radium
73. Radon
74. Rhenium
75. Rhodium

76. Rubidium
77. Ruthenium
78. Samarium
79. Scandium
80. Selenium
81. Silicon
82. Silver
83. Sodium
84. Strontium
85. Sulphur
86. Tantalum
87. Technetium
88. Tellurium
89. Terbium
90. Thallium
91. Thorium
92. Thulium
93. Tin
94. Titanium
95. Tungsten
96. Uranium
97. Vanadium
98. Xenon
99. Ytterbium
100. Yttrium
101. Zinc
102. Zirconium

Health Benefits of Sea Moss

In the past, sea moss was often used as food, particularly at times when no other food was available. Today, in the West, it is used mainly as a food supplement while in Japan and other Asian countries, it is still a favorite food or snack. As a gel, sea moss can be used orally (it can be added to food and beverages) or topically (by applying it to the skin).

What makes sea moss so nutritious and healing is a high content of essential nutrients, e.g., minerals (magnesium, potassium, iodine, sulfur, calcium, iron, selenium, sodium), vitamins (A, B, C, D, E, and K), as well as proteins, peptides, fatty acids, amino acids, lipids, and pigments.



The health benefits of this simple “weed” have taken the world by surprise. It has antioxidant, antibacterial, anti-viral, and anti-inflammatory properties. It can lower high blood pressure, blood

sugar, and high cholesterol levels. It inhibits tumor growth and heals all kinds of skin infections.

15 medicinal uses of sea moss:

1. It improves thyroid health

The thyroid is a small but very important gland in the human body. If it is healthy, it will produce two major hormones (known as T3 and T4) in sufficient quantities. If it is not, you will constantly struggle with weight gain, lack of energy, and depression which are typical symptoms of hypothyroidism.

So, to ensure healthy metabolism, positive mood, and good functioning of your organs, make sure your diet is rich in foods that will provide your thyroid with a sufficient amount of iodine since your body cannot produce it. Most sea vegetables are high in iodine so consuming a little bit every day is the best way to ensure optimal functioning of your thyroid gland without risking the adverse effects that come with overconsumption of iodine-rich foods.

2. It supports the immune system

Having 92 minerals and trace elements, sea moss is a great source of antioxidants that boost the immune system and protect the body against oxidative damage. Besides, thanks to the high content of amino acids, antioxidants, and trace minerals, sea moss supplements are a natural remedy for bacterial and viral infections. In recent decades, the world went through several major outbreaks of viral epidemics. If the scientific world has known about the antiviral properties of marine algae since 1958, why has sea moss not been recommended as a natural remedy for COVID-19? If seaweeds could provide a solution for most respiratory infections, people should have been encouraged to eat it as much as possible. Although eating algae is not 100% protection against COVID-19, a

diet high in sea vegetables could definitely offer at least some protection against viral infections.

3. It improves gut health

The effect of sea moss on your gut is similar to that of a prebiotic. It boosts the growth of friendly bacteria in your gut and at the same time, helps remove harmful bacteria. Besides, being high in fiber, it promotes healthy bowel movement. It's well-known that the mucilage in sea moss helps treat many digestive problems, eg constipation, ulcers, acid reflux, and colics. It also helps relieve inflammation by forming a protective film, which makes it easier for the digestive organs to heal.

4. It supports weight loss

Sea moss supplements are often included in weight loss diets because they help regulate your appetite and boost your metabolism. Sea moss helps with weight loss by lowering dietary fat absorption, reducing the creation of fat cells, and increasing the breakdown of stored fat. Besides, soluble fiber absorbs water and forms a gel-like substance which slows digestion and makes you feel full for longer.

5. It promotes heart health

Sea moss promotes good heart health mainly because it is high in Omega-3 fatty acids which are very important for a healthy heart. Taking enough of these nutrients through your diet is the best and easiest way to prevent the risk of heart disease, high cholesterol, and high blood pressure.

6. It stabilizes blood sugar levels

Sea moss contains carotenoids. These are substances that give this plant a reddish color. This compound helps regulate blood sugar levels because it helps the body respond to insulin more effectively.

7. It improves fertility

In the Caribbean, men often take sea moss to increase testosterone levels and sperm count. However, sea moss is also used to treat both male and female fertility issues. As nutrient deficiency is often one of the causes of infertility, boosting your diet with a sea moss supplement would definitely improve your reproductive health although you shouldn't rely on sea moss alone to help you fall pregnant.

8. **May prevent or slow down Parkinson's**

Typical problems patients affected by Parkinson's face are problems with memory and recognition, tremor, and slow movement. Studies suggest that sea moss supplements may slow down the progression of this condition by protecting the brain tissue from degeneration.

9. Improves skin and hair health

Sea moss is often used in cosmetic products mainly because it is rich in sulfur. When applied topically, it helps fight infections (eg acne) and moisturizes your skin. Besides, as it contains collagen, it helps keep your skin young, firm, and radiant. Sea moss is also added to hair conditioners.

10. Improves mood and boosts energy levels

Many of the nutrients in sea moss serve as mood boosters, eg magnesium and potassium. This is important because when you are in good mood, you feel positive about life, you cope better with stress, and are less likely to succumb to infections. Besides, a good mood indirectly strengthens your immune system, which in turn improves both your mental and physical health.

11. Promotes muscle-building

Thanks to the amino acid taurine, regular sea moss consumption can help you build muscle and burn fat more easily. If you exercise regularly, try to add some powdered sea moss to your post-workout beverage (eg water, tea, or smoothie).

12. Protects against cancer

Sea moss supplements can protect you against the virus linked to cervical cancer. Besides, carrageenan, one of the compounds of red algae, is a highly effective natural remedy for sexually transmitted human papillomavirus (HPV). It is effective even in very mild concentrations which means that consuming just a little bit of this vegetable every day, you can boost your immune system more than you would with other land-grown vegetables.

Who Should Not Take Sea Moss?

Sea moss is a nutrient-rich sea vegetable that is generally beneficial for human health, however, to benefit from it and avoid potential side effects, you should use it in moderation.

Although sea moss contains more nutrients than most land-grown vegetables, how nutritious it actually is, depends partly on the environment it grows in.

The adverse effects of this sea vegetable are linked to its high iodine content. As many people self-medicate with sea moss, they run the risk of taking too much of this herb. Overconsumption is as bad as deficiency and it may even lead to hypothyroidism (ie underactive thyroid).

The thyroid is a small but very important gland in our body. Amongst other things, it is responsible for regulating growth and metabolism.

People affected by an autoimmune thyroid condition, eg Hashimoto's, should stay away from seaweeds, lest the very high

iodine content in these vegetables makes their condition worse.

Besides, there is a danger that if you overdose with iodine for a very long time, you run the risk of developing goiter (enlarged thyroid glands), thyroid gland inflammation, and even thyroid cancer. This is not very likely but it is possible.

Other, milder side effects of iodine overdose include burning of the mouth, throat, and stomach, a fever, stomach pain, nausea, and vomiting.

So, if you plan to address your thyroid condition by taking iodine-rich foods, and you would like to start using sea moss regularly, discuss this with your doctor first.

However, an overdose is much more likely if you take supplements. Consuming sea moss as a vegetable rarely causes problems. But, we know that most people take sea moss as a supplement because it's more convenient.

Another potential risk linked with sea moss overconsumption is heavy metal poisoning because seaweed tends to absorb and store heavy metals in high amounts. This is why it's crucial to know where the sea moss you buy was harvested. Unfortunately, many of the seaweed farms are located near busy ports where major pollutants are usually carbon monoxide volatile organic compounds, nitrogen oxides, sulfur oxides, and diesel exhaust.

Besides, if you are on chronic medication, consult your doctor whether it's safe to take sea moss supplements as these can interact with certain medical drugs and other supplements. It's important that whenever using supplements you stick to the prescribed dosage.

If you take sea moss as food, you are much less likely to ingest so much that your thyroid becomes unbalanced, however, some people end up with red, itchy skin, nausea, and vomiting.

Still, you shouldn't worry too much about these adverse effects of sea moss because these are usually the result of overconsumption. So, how much sea moss is safe to take? This will depend on your overall health, age, and body weight, but, to be on the safe side, don't take more than two tablespoons of sea moss a day.

If you take it only occasionally, overconsumption will not be a problem. However, if this is something you take every day for months on end, then caution is necessary.

Still, with consistent consumption, sea moss can be a very effective natural remedy for a number of conditions. So, take it regularly, but do not exceed two tablespoons of sea moss powder a day. If you take it orally in any other form (eg capsules, gel, etc) follow the instructions. If you take it as a vegetable, an overdose is unlikely but stay away from it if you have an underlying thyroid condition.

11 conditions that can be treated with sea moss:

1. Respiratory condition
2. Skin conditions
3. Thyroid problems
4. Poor blood circulation
5. Joint and muscle pains
6. Fungal, microbial, and viral infections
7. Immune system dysfunction (too low or overactive)
8. Weight loss
9. Digestion problems
10. Problems caused by excess mucus
11. Prevents the development of tumors

Chapter 2: Real Sea Moss vs Fake Sea Moss

What is Real and Fake Sea Moss?

Sea moss is actually seaweed, not moss. There are many different types of this plant and if you plan to start using it, try to learn how to tell fake moss from the real thing. The first thing you need to know is that sea moss can be harvested from the wild or grown in pools. Sea moss grown in the wild is considered organic sea moss, while that grown on sea moss farms is the so-called fake sea moss.

There is nothing wrong with sea moss grown in artificial pools rather than in the sea, except that the method of growing affects its quality. Naturally-grown sea moss is more nutritious because it

absorbs the nutrients from the sea and the rocks on which it grows. However, this also has its downside. Sea moss easily absorbs nutrients from the water it grown in which means that it also absorbs all the pollutants and toxins dumped into the sea. So, unless grown in pristine waters, wild sea moss may contain toxins that may be absent from the plants grown in pools.

As fake moss does not have access to the ocean and its nutrients, various things are added to the water in which it is grown, eg fertilizers, dense mineral substrates, etc.

The ebb and flow of the oceans affect the life of everything that lives there, and it provides the nutrients sea vegetables are known for. Sea moss grown in pools lacks the minerals occurring in the ocean naturally and it can only use what's added to the tank or pool it grows in. In some cases, this is a synthetic fertilizer or a mineral-dense substrate that's added to the bottom of the pool. Besides, to compensate for the ebb and flow of the ocean, some sea moss farms use special machinery that imitates the motions of the ocean.

All this makes commercial sea moss production in pools and tanks expensive and complicating.

Still, even growing sea moss in open oceans is not without risks. These moss farms are usually located where they will be easily accessible. Unfortunately, this means that these farms are often located in very polluted waters. So, just because sea moss is grown in the ocean, doesn't make it healthier than moss grown in pools.

How to Tell Fake Sea Moss from Real Sea Moss?

Most of the sea moss available on the market today is grown in the open ocean. The good news is that seaweed farming has improved significantly over the last 20years.

9 ways to know of sea moss is real (eg harvested in the wild):

1. **Natural appearance**

Thickness and size distinguish real moss form fake product. The sea moss grown in the open ocean varies in thickness and size. The fake moss looks uniform because no aquatic animals had fed on it. In other words, if it looks perfect, you can be sure it doesn't come from the ocean.

2. Visible salt grains on the surface

Real sea moss has a grainy salt-like texture and a rich, salt taste because it's been absorbing salt from the ocean. However, if the saltiness comes from table salt or rock salt, the taste is very different. The surface of natural sea moss will contain natural salt and it will be the size of the salt grains. This is salt that has grown up in the ocean.

3. Has bits of seaweed on the surface

Real moss often has pieces of seaweed attached to it. These come from other plants that grow in the ocean.

4. Real moss does not have a uniform color

Natural sea moss is never of uniform color but comes in different shades of green, yellow, and brown. Fake moss is always uniform in color because it was grown in controlled conditions. Sometimes, to get a lighter color, fake moss is bleached by the sunlight.

5. **Natural sea moss has very thin branches**

As a rule, fake sea moss has thicker branches.

6. **Real moss looks dry and its branches resemble dry sticks, fake moss looks damp.**

7. **Real moss is thin and breaks easily when handled roughly**

Fake moss feels rubbery to the touch and its branches, being thicker, are not easily broken.

8. **Real moss does not make the water it is soaked in slimy**

When soaked in water, fake moss makes it appear slimy.

9. **Real moss is lightweight**

Fake moss is heavy and dense.

How to Prepare Sea Moss Gel?

Sea moss gel is quite easy to make at home and there are different ways of making it.

- Wash the sea moss in plenty of water
- Then, soak it in fresh water for about 30 minutes
- Wash it again in fresh water and drain it well
- Simmer it for about 30 minutes, strain, and keep the water. As it cools, the water will thicken, and that's your sea moss gel.

Another way of making a sea moss gel is to soak the sea moss in water for about 8 hours, rinse it, drain it, add fresh water to it, and blend it for a couple of minutes until it becomes smooth. Pour into a glass jar with the lid on. Store in the fridge.

To improve the taste or boost the healing power of the gel, you can add herbs, spices, or fruit. However, this should be done while the gel is still liquid and warm. Once it solidifies, nothing can be added to it.

The gel can last about a month in the fridge and it can also be frozen but if you plan to use it as food, it's best to use it within a week. So, unless you plan to sell it or unless you're making it for several people, make only what you can consume in a week.

If you don't like the taste, you can add aromatic spices, herbs, or fruits to the gel. This will “kill” the typical seaweed taste. When used consistently, sea moss gel can be a natural remedy for some mental and emotional issues or an unbalanced immune system.

Juices and Drinks

Key Limeade

Serving : 2

Preparation time: 5 minutes; Cooking time: 25 minutes;

Nutritional Info: 99 Cal; 0.1 g Fats; 0.17 g Protein; 25.8 g Carb; 3 g Fiber;

Ingredients

- 4 key limes, juiced
- ½ cup Irish moss
- 2/3 cup date sugar
- 4 cups boiling spring water

Directions

- Wash the moss, place it into a medium bowl, cover with cold water and let it soak until soft.
- Rinse the moss again, place it into a medium bowl, and pour in boiling water.
- Prepare a double boiler, place the bowl containing Irish moss and then cook for 20 minutes until dissolved.
- Strain the Irish moss mixture, pour into a jug, add date sugar and key lime juice and then stir until dissolved.
- Pour the drink into two glasses and then serve.

Inca Limeade

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 98.9 Cal; 0.1 g Fats; 0.2 g Protein; 24 g Carb; 2 g Fiber;

Ingredients

- 200 grams Physalis, fresh, peeled
- 1 teaspoon agave syrup
- 4 tablespoons Irish moss paste
- 3 cups spring water, chilled

Directions

- Place Physalis in a blender, pour in water and then pulse until smooth.
- Strain the mixture into a large bowl or jug, and then stir in agave syrup, and Irish moss paste.
- Pour the drink into two glasses and then serve.

Viagra Cocktail

Serving: 4

Preparation time: 10 minutes; Cooking time: 55 minutes;

Nutritional Info: 151 Cal; 0 g Fats; 0 g Protein; 23.3 g Carb; 3 g Fiber;

Ingredients

- 5 ounces linseed
- ¾ pound Irish moss
- 5 ounces isinglass
- 1 cup agave syrup
- Date syrup to taste
- 3 tablespoons coconut extract, unsweetened
- 5 quarts water

Directions

- Take a large pot, pour water in it, place the pot over medium-high heat and then bring it to a boil.
- Then add linseedisinglass, and Irish moss and cook for 45 minutes until Irish moss has dissolved.
- Strain the mixture into a large bowl, add remaining ingredients into the bowl and then stir until well mixed.
- Wipe clean the pot, place it over medium-high heat, pour the mixture in it, and then boil for 10 minutes.
- Remove pot from heat, let the mixture cool and then let it chill in the refrigerator for a minimum of 5 hours.
- Serve immediately.

Spiced Sea Moss Drink with Hemp Milk

Serving: 8

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 46 Cal; 2 g Fats; 1 g Protein; 7 g Carb; 1 g Fiber;

Ingredients

- 100 grams sea moss, washed
- 2 tablespoons lineseeds
- 1 teaspoon coconut extract, unsweetened
- ¼ cup agave syrup
- 1 cup hemp milk, unsweetened
- 6 cups spring water, warmed

Directions

- Take a large bowl, place washed sea moss in it, pour in warmed water, and then let the sea moss soak overnight until mixture turns slightly thicken.

- Drain the excess water from the sea moss bowl, place it into a blender, pulse until smooth, store in a jar, and let it chill in the refrigerator until required.
- When ready to make the drink, pour milk into a blender, add coconut extract, agave syrup, and 4 tablespoons sea moss and then pulse until smooth.
- Serve immediately.

Creamy Sea Moss Drink with Coconut Milk

Serving: 8

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 110 Cal; 3.5 g Fats; 0.5 g Protein; 18.5 g Carb; 1 g Fiber;

Ingredients

- 50 grams sea moss, washed
- 2 tablespoons linseed
- ¼ cup agave syrup
- 1 teaspoon coconut extract, unsweetened
- ¼ cup walnut condensed milk
- 1 cup hemp seed milk, unsweetened
- 3 cups water, warmed

Directions

- Take a large bowl, place washed sea moss in it, add linseed, pour in warmed water, and then let the sea moss soak overnight until mixture turns slightly thicken.
- Drain the excess water from the sea moss bowl, place it into a blender, pulse until smooth, store in a jar, and let it chill in the refrigerator until required.
- When ready to make the drink, pour milk into a blender, add coconut extract, agave syrup, and 4 tablespoons sea moss and then pulse until smooth.
- Serve immediately.

Hemp Sea Moss Milk

Serving: 4

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 60 Cal; 4.5 g Fats; 3 g Protein; 0 g Carb; 0 g Fiber;

Ingredients

- 1 cup sea moss gel
- 1/8 teaspoon sea salt
- ¼ cup agave syrup
- ¼ teaspoon ground cloves
- 6 cups hemp milk

Directions

- Place all the ingredients in a blender and then pulse until smooth.
- Pour the mixture into a large pot, place it over medium heat and then cook for 3 to 5 minutes until thoroughly warm.

- Serve immediately.

Squash Sea Moss Drink

Serving: 3

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 13.2 Cal; 0.3 g Fats; 0.3 g Protein; 2.4 g Carb; 0.8 g Fiber;

Ingredients

- 2 cups spring water, chilled
- 2 key limes, juiced
- ½ teaspoon ground cardamom
- 1 cup pureed squash
- ½ teaspoon ground clove
- 2 tablespoons Irish moss gel
- ½ teaspoon ground coriander
- 2 teaspoons agave syrup

- 1/8 teaspoon cayenne pepper

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Smoothies

Sea moss Banana Smoothie

Serving: 4

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 312.2 Cal; 6.3 g Fats; 6 g Protein; 64 g Carb; 11.6 g Fiber;

Ingredients

- 2 burro bananas, frozen
- 3 dates, pitted
- 1/8 teaspoon sea salt
- 3 tablespoons sea moss gel
- ¼ cup hemp seeds
- 6 ice cubes

- 2 cups water, chilled

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Raisins, Raspberry, and Sea Moss Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 332 Cal; 15.5 g Fats; 7 g Protein; 43.2 g Carb; 16 g Fiber;

Ingredients

- 1 ½ cup walnut milk, unsweetened
- ½ of an avocado, peeled, pitted
- 3 Medjool dates, pitted
- 1 small cucumber
- 1 tablespoon linseed
- 1 ½ cup raspberries, frozen
- ¼ cup sea moss gel
- 2 tablespoons raisins
- ½ cup ice cubes

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Kale and Linseed Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 198 Cal; 2.4 g Fats; 6 g Protein; 39.6 g Carb; 8 g Fiber;

Ingredients

- 2 cups Dr. Sebi Herbal tea
- 2 cups of kale leaves, fresh
- 1 burro banana, peeled
- 1 green apple, cored
- 2 teaspoons Irish sea moss
- 2 teaspoons linseeds

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Soursop and Sea Moss Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 205 Cal; 18.5 g Fats; 2.5 g Protein; 10 g Carb; 2 g Fiber;

Ingredients

- 1 ½ cup water
- 4 ounces sea moss gel
- 1 cup soursop pulp, frozen
- 1 teaspoon key lime juice
- 2 ½ tablespoons agave syrup

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Zucchini Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 342 Cal; 17 g Fats; 12 g Protein; 44 g Carb; 7 g Fiber;

Ingredients

- 2 cups walnut milk, unsweetened
- 1 kiwi, diced
- 1 zucchini, diced
- 1 frozen mango, diced
- 2 tablespoons raisins
- 2 tablespoons sea moss gel

- 2 tablespoons hemp seeds

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Strawberry and Sea Moss Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 95.6 Cal; 1.4 g Fats; 2.7 g Protein; 20 g Carb; 2.8 g Fiber;

Ingredients

- 1 ½ cup water
- 1 cup frozen strawberries
- ½ cup Brazil nuts, soaked. Drained
- 1/3 cup Sea moss gel
- ½ teaspoon coconut extract, unsweetened
- 2 tablespoons date syrup

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Raspberry and Turnips Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 160 Cal; 5.5 g Fats; 2.4 g Protein; 24.8 g Carb; 5.8 g Fiber;

Ingredients

- 1 ½ cup soft-jelly coconut water
- 1 cup frozen raspberries
- 2 tablespoons goji berries
- 1 frozen burro banana
- 1 teaspoon coconut powder
- ½ cup turnip greens
- 1 tablespoon walnuts
- 1 tablespoon linseeds

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Banana and Walnut Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 367 Cal; 3.6 g Fats; 7.2 g Protein; 78.8 g Carb; 9.8 g Fiber;

Ingredients

- 4 cups hempseed milk, unsweetened
- 1 frozen burro banana
- ½ ounce sea moss gel
- 4 Medjool dates, pitted
- 4 tablespoons walnuts
- 1/8 teaspoon sea salt
- 1 tablespoon coconut extract, unsweetened
- 1 tablespoon coconut oil

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Apple Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 156.8 Cal; 1 g Fats; 1.5 g Protein; 40 g Carb; 5.6 g Fiber;

Ingredients

- 2 cups apple juice
- 1 frozen burro banana
- 1 tablespoon sea moss gel
- 2 cups ice cubes

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Sweet Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 124 Cal; 5 g Fats; 2.5 g Protein; 19.4 g Carb; 3.5 g Fiber;

Ingredients

- 2 cups soft-jelly coconut milk, unsweetened
- 8 tablespoons sea moss gel
- ½ cup agave syrup
- 2 teaspoons coconut extract, unsweetened

Directions

-
- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.

- Serve immediately.

Sea Moss Shake

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 200.1 Cal; 2.7 g Fats; 12.9 g Protein; 35.6 g Carb; 6.3 g Fiber;

Ingredients

- 3 quarts spring water
- 4 ounces sea moss
- 1 cup chilled spring water
- 2 tablespoons linseed
- ¼ cup isinglass
- 1 teaspoon coconut extract, unsweetened

Directions

- Take a large pot, pour water in it, add linseed and isinglass, place the pot over medium-high heat, bring the mixture to a boil and then cook for 30 to 45 minutes until sea moss has cooked.
- Strain the mixture into a large bowl, let it cool completely and then pour one-fourth of the sea moss mixture into a blender.
- Add remaining ingredients, pulse until smooth, and then chill the shape for a minimum of 2 hours in the refrigerator.
- Serve immediately.

Fruit Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 314 Cal; 6 g Fats; 6 g Protein; 64 g Carb; 11.6 g Fiber;

Ingredients

- ¼ cup soft-jelly coconut water
- 1 Seville orange, peeled
- ½ cup diced frozen mango
- ½ cup peach
- ½ cup raspberries
- ¼ cup sea moss gel
- 1 cup frozen strawberries
- 1 medium apple, cored, diced
- 2 Medjool dates, pitted
- 1 baby banana, peeled
- 2 tablespoons hemp seeds

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Green Sea Moss Smoothie with Kale

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 144.6 Cal; 1.7 g Fats; 5.2 g Protein; 31.1 g Carb; 4.8 g Fiber;

Ingredients

- 2 cups soft-jelly coconut milk, unsweetened
- 3 tablespoons sea moss gel
- 2 frozen burro bananas
- 1 medium green apple, cored, diced
- 1 cup kale leaves

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Strawberries and Sprouts Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 130 Cal; 3 g Fats; 5 g Protein; 24 g Carb; 2 g Fiber;

Ingredients

- 2 cups walnut milk, unsweetened
- 3 tablespoons sea moss gel
- 1 cup frozen strawberries
- 1 medium green apple, cored, diced
- 1 cup sprouts, fresh

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Berries Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 177 Cal; 3 g Fats; 5 g Protein; 36 g Carb; 4 g Fiber;

Ingredients

- 1 ½ cup soft-jelly coconut milk, unsweetened
- 2 frozen baby bananas
- 1 cup raspberries, fresh
- 1 cup blueberries, fresh
- 1 cup kale leaves, fresh
- 3 tablespoons sea moss gel

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Green Smoothie with Raspberries

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 182 Cal; 0.5 g Fats; 2.4 g Protein; 47 g Carb; 7 g Fiber;

Ingredients

- 2 cups walnut milk, unsweetened
- 1 cup kale leaves
- 1 cup frozen raspberries
- ¼ cup sea moss gel
- 1 cup frozen diced mango
- 1 tablespoon moringa powder

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Lean Green Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 455 Cal; 18 g Fats; 17 g Protein; 63 g Carb; 9 g Fiber;

Ingredients

- 1 ½ cup soft-jelly coconut water
- 2 pears, diced
- 2 small cucumbers
- ¼ cup sea moss gel
- 1 ½ cup grapes

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Green Apple Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 215 Cal; 7.2 g Fats; 2.8 g Protein; 39.3 g Carb; 5.3 g Fiber;

Ingredients

- 2 cups walnut milk, unsweetened
- 2 cups papaya pieces
- 2 medium green apples, cored, diced
- 2 cups kale leaves
- ¼ cup sea moss gel
- 4 tablespoons grated soft-jelly coconut

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Avocado Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 370 Cal; 21 g Fats; 8 g Protein; 44 g Carb; 11 g Fiber;

Ingredients

- 3 cups walnut milk, unsweetened
- 2 medium pears, diced
- 2 avocados, peeled, pitted,
- ¼ cup sea moss gel
- 2 teaspoons maca powder

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Watermelon Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 227 Cal; 3.4 g Fats; 8.6 g Protein; 44.2 g Carb; 1.8 g Fiber;

Ingredients

- 1 cup walnut milk, unsweetened
- 3 cups watermelon chunks
- 2 tablespoons raisins
- 3 tablespoons basil leaves

- 2 Medjool dates, pitted

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Morning Detox Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 156 Cal; 4 g Fats; 3 g Protein; 30 g Carb; 4.5 g Fiber;

Ingredients

- 1 cup frozen blueberries
- 1 teaspoon Maca

- 1 cup kale leaves
- ¼ cup sea moss gel
- 1 cup lettuce leaves
- 1 tablespoon Moringa powder
- 1 tablespoon linseeds

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Tropical Papaya Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 191 Cal; 3.2 g Fats; 12.6 g Protein; 31.5 g Carb; 5.8 g Fiber;

Ingredients

- 1 cup soft-jelly coconut milk, unsweetened
- ½ of large papaya, cut into cubes
- 2 Medjool dates, pitted
- 1 ½ cup frozen mango
- 3 tablespoons grated soft-jelly coconut

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Soothing Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 360 Cal; 6 g Fats; 11 g Protein; 75 g Carb; 18 g Fiber;

Ingredients

- 2 cups hemp milk
- ½ cup strawberries
- ½ cup blueberries
- ¼ cup sea moss
- 1 cup diced peaches
- 2 Medjool dates, pitted

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Cleansing Smoothie

Serving: 2

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 330 Cal; 6 g Fats; 10 g Protein; 66 g Carb; 6 g Fiber;

Ingredients

- 2 cups walnut milk, unsweetened
- 4 oranges, peeled
- ½ teaspoon cayenne pepper
- 2 cups frozen mango pieces
- 4 tablespoons avocado oil

Directions

- Place all the ingredients in a blender in the order stated in the ingredients list and then pulse until smooth.
- Serve immediately.

Candy

Sesame Crunch Candy

Serving: 2

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 180.6 Cal; 11.7 g Fats; 4.1 g Protein; 17.6 g Carb; 2.7 g Fiber;

Ingredients

- 1 cup white sesame seeds, toasted
- ½ cup agave
- ¾ cup agave syrup
- ¼ cup sea moss gel

Directions

- Take a medium pot, place it over medium-high heat, add agave syrup, sea moss gel, and agave, stir until well mixed, and then bring the mixture to boil.
- Continue boiling the mixture for 5 minutes, add toasted sesame seeds, bring the mixture to boil, and then continue boiling for 10 minutes until the mixture has thickened.
- Take a baking dish, line it with parchment paper, pour the sesame seeds mixture in it, and then spread it in an even layer.
- Let the mixture cool completely at room temperature and then cut into squares.
- Serve immediately.

Walnut and Coconut Bliss Balls

Serving: 20

Preparation time: 4 hours and 10 minutes; Cooking time: 0 minute;

Nutritional Info: 57 Cal; 6 g Fats; 0 g Protein; 2 g Carb; 1 g Fiber;

Ingredients

- 4 Medjool dates
- 2 ¼ cups walnut
- ½ cup shredded soft-jelly coconut and more as needed
- 1/3 cup soft-jelly coconut oil
- 1 black sapote, seeded, mashed
- 1/3 cup pistachios
- 1 tablespoon linseeds

Directions

- Place the dates in a medium bowl, cover with hot water and then let them soak for a minimum of 4 hours.

- Place the dates into the blender, add remaining ingredients and then pulse until well combined.
- Let the mixture rest for 5 minutes, shape the mixture into balls, roll in shredded coconut and then serve.

Apple Crumble

Serving: 6

Preparation time: 5 minutes; Cooking time: 35 minutes;

Nutritional Info: 275.1 Cal; 6.7 g Fats; 2.3 g Protein; 60.8 g Carb; 5.1 g Fiber;

Ingredients

For the Filling:

- 5 apples, peeled, cut into 1-inch pieces
- 1/16 teaspoon sea salt
- ¼ teaspoon ground cloves

- 4 dates
- 2 tablespoons spring water

For the Topping:

- 1/3 cup spelt flour
- ½ cup ground walnuts
- 1/3 cup amaranth flour
- 1/3 cup date sugar
- 1/3 cup crushed walnuts
- ¼ teaspoon sea salt
- 1/3 cup grapeseed oil
- 1 teaspoon spring water

Directions

- Switch on the oven, then set it to 400 degrees F and let it preheat.
- Meanwhile, prepare the filling and for this, take a medium saucepan, place it over low heat, add apples and then pour in water.
- Cover the pan with its lid, cook the apples for 15 minutes until apple turn tender and then stir in salt, date sugar and cloves.
- Prepare the topping and for this, place all of its ingredients in a food processor and then pulse until mixture resembles crumbs.
- Take an 8-by-8 inch baking dish, grease with oil, spoon the prepared filling in it and then spread evenly.
- Sprinkle the topping over the filling and then bake for 20 to 22 minutes until the top turn golden brown.
- Serve straight away.

Watermelon Jellies

Serving: 30

Preparation time: 2 hours and 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 35 Cal; 0 g Fats; 0 g Protein; 9 g Carb; 0 g Fiber;

Ingredients

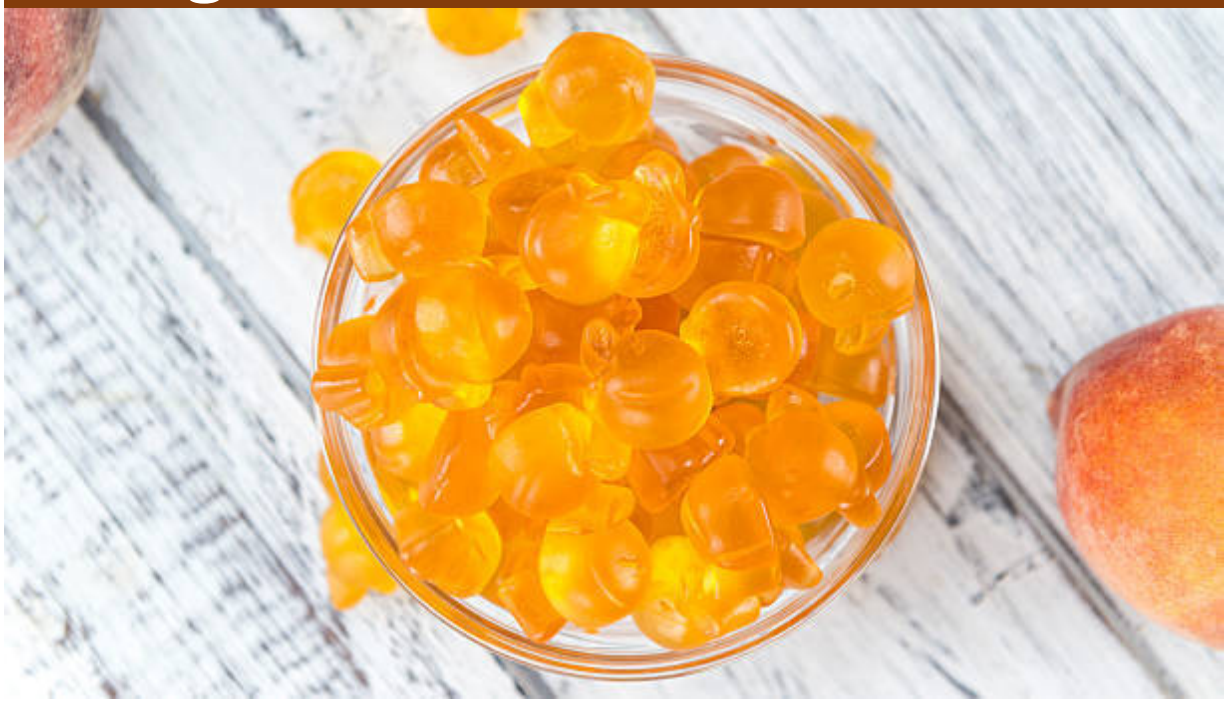
- 2 cups watermelon pieces
- 2 tablespoons sea moss gel
- ¼ cup agave
- 1 teaspoon coconut extract, unsweetened

- 1 tablespoon agar powder

Directions

- Place the watermelon pieces into a blender and then pulse until smooth.
- Take a small saucepan, pour in 1 cup of the blended watermelon juice, and then whisk in sea moss gel, agar powder, agave until combined.
- Place the pan over medium heat and cook for 5 minutes, whisking continuously.
- Then remove the pan from heat, whisk in coconut extract, and immediately divide the mixture evenly into molds.
- Place the mold tray into the refrigerator and let the jelly set for 2 hours.
- When ready to eat, pop out the jelly and serve straight away or place it into an airtight container and store it in the refrigerator.

Orange Creamsicle Gummies



Serving: 15

Preparation time: 35 minutes; Cooking time: 5 minutes;

Nutritional Info: 25 Cal; 0.4 g Fats; 0.3 g Protein; 5.7 g Carb; 0.3 g Fiber;

Ingredients

- 3 tablespoons agar-agar
- ½ teaspoon coconut extract, unsweetened
- 2 tablespoon sea moss gel
- 2 cups orange juice
- 2 tablespoons agave syrup
- 1 cup soft-jelly coconut milk, unsweetened

Directions

- Take a medium saucepan, place it over medium-high heat, pour in milk, orange juice, agave syrup, and agar-agar, and then whisk until combined.
- Simmer the mixture for 2 minutes and then pour the mixture into gummy molds or rimmed baking sheet lined with parchment sheet.
- Place the molds into the refrigerator and let them chill for a minimum of 30 minutes until gummies have set.
- When ready to eat, pop out the gummies from their molds and serve straight away or place them into an air-tight container and store them into the refrigerator.

Berry Gummies

Serving: 15

Preparation time: 40 minutes; Cooking time: 5 minutes;

Nutritional Info: 130 Cal; 0 g Fats; 0 g Protein; 33 g Carb; 0 g Fiber;

Ingredients

- 1 cup blueberries, fresh
- 1 tablespoon agar powder
- 1 cup blackberries, fresh
- 2 tablespoons sea moss gel
- 1/3 cup spring water

Directions

- Place blackberries and blueberries in a food processor, pour in water, and then pulse until smooth.

- Strain the mixture into a medium pot, add sea moss gel and agar powder, stir until mixed, and then place the pot over medium heat.
- Bring the mixture to a simmer, cook it for 30 seconds, remove the pot from heat, and immediately pour into molds.
- Place the molds into the refrigerator and let them chill for a minimum of 30 minutes until gummies have set.
- When ready to eat, pop out the gummies from their molds and serve straight away or place them into an airtight container and store them in the refrigerator.

Faux Chocolate Peanut Butter Crunch Bars

Serving: 36

Preparation time: 55 minutes; Cooking time: 0 minute;

Nutritional Info: 70 Cal; 5 g Fats; 2 g Protein; 6 g Carb; 1 g Fiber;

Ingredients

- 2 black sapote, seeded, mashed
- 2/3 cup agave syrup, unsweetened
- ½ cup coconut butter, unsalted
- ¼ cup sea moss gel
- ½ cup walnut
- ½ cup Brazil nuts

Directions

- Place all the nuts in a blender and then pulse until broken.
- Take an 8-inch square baking pan, line it with parchment paper, and set aside until required.
- Mash the black sapote, stir in coconut butter, add nuts, agave syrup and sea moss gel and then fold until incorporated.
- Spoon the mixture into the prepared baking pan, spread in an even layer, and then let it rest in the freezer for 45 minutes until firm.
- When ready to eat, remove the mixture from the pan by lifting the parchment paper and then cut into 36 evenly sized mini-squares.
- Serve immediately.

Vegan Fudge

Serving: 24

Preparation time: 45 minutes; Cooking time: 0 minutes;

Nutritional Info: 110.7 Cal; 5.3 g Fats; 2.2 g Protein; 15.1 g Carb; 1.6 g Fiber;

Ingredients

- 1/3 cup hazelnuts
- 2 black sapote, seeded, mashed
- 1 teaspoon coconut extract, unsweetened
- ¼ cup and 2 tablespoons agave syrup
- ¼ cup sea moss gel
- ¼ cup coconut oil

Directions

- Place all the ingredients in a blender and then pulse until smooth.

- Spoon the mixture into a rectangular baking dish lined with a parchment sheet, spread the mixture evenly, and then let it rest in the refrigerator until firm.
- When ready to eat, remove fudge from the dish by lifting the parchment sheet and then cut it into evenly sized squares.
- Serve immediately.

Red Velvet Fudge

Serving: 12

Preparation time: 45 minutes; Cooking time: 10 minutes;

Nutritional Info: 76.6 Cal; 1.5 g Fats; 0.5 g Protein; 19.3 g Carb; 0.3 g Fiber;

Ingredients

- ¼ cup watermelon juice
- 1 black sapote, seeded, mashed

- 3 ½ tablespoons agave syrup
- 1 teaspoon coconut extract, unsweetened
- ¼ cup sea moss gel
- ¾ cup coconut butter

Directions

- Pour the watermelon juice in a medium saucepan, add sea moss gel, coconut butter, black sapote, coconut, and agave syrup, and then whisk until combined.
- Place the pan over low heat, cook the mixture for 5 minutes until butter melts, and the smooth mixture comes together, stirring continuously, and then spoon the mixture into 3-by-5 inches pan greased with oil.
- Place the pan into the refrigerator for 2 hours until set, and when ready to eat, cut the fudge into evenly sized pieces.
- Serve straight away or store the fudge into the refrigerator until required.

Blueberry Fudge

Serving: 18

Preparation time: 1 hour and 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 38.3 Cal; 2.8 g Fats; 0.9 g Protein; 3.7 g Carb; 1.1 g Fiber;

Ingredients

- 2 black sapote, seeded, mashed
- ¼ cup agave syrup
- ½ cup blueberries, fresh
- ¼ cup walnut butter, unsalted
- ¼ cup sea moss gel

Directions

- Take an 8-inch loaf pan, line it with a parchment sheet, and set aside until required.

- Take a medium heatproof bowl, mash black sapote in it and then stir in agave syrup and sea moss gel until combined.
- Take a small bowl, place berries in it and then crush them with a potato masher.
- Add berries into the black sapote mixture, stir until smooth, pour this mixture into the prepared pan, and then spread in an even layer.
- Place the pan into the freezer and let the fudge chill for 1 hour until firm.
- When ready to eat, cut the fudge into 18 evenly sized squares and then serve.

Vegan Caramel Cups

Serving: 7

Preparation time: 50 minutes; Cooking time: 0 minutes;

Nutritional Info: 195 Cal; 6.7 g Fats; 2.2 g Protein; 36.2 g Carb; 3.6 g Fiber;

Ingredients

For the Mock Chocolate Layer:

- 1 tablespoon sea moss gel
- 1 black sapote, seeded, mashed
- 2 tablespoons Agave
- ¼ cup coconut oil, melted
- 1 teaspoon coconut extract, unsweetened

For the Caramel Layer:

- 2 cups Medjool dates, pitted, soaked
- ½ teaspoon sea salt
- 1 ½ teaspoon coconut extract, unsweetened

Directions

- Prepare the mock chocolate layer and for this, take a medium bowl, place all the ingredients in it and then whisk until smooth.
- Take seven mini paper-cups, spread the mock chocolate mixture as a thin layer and then let the cup rest for 20 minutes until mixture solidifies.
- Prepare the caramel layer and for this, drain the dates and reserve ¼ cup of its liquid.
- Place dates and their liquid into a blender, add remaining ingredients and then pulse until a thick and creamy mixture comes together.
- After 30 minutes, remove paper cups from the freezer and then layer the mock chocolate layer with the caramel layer.
- Spread the remaining mock chocolate over the caramel layer, sprinkle with some more sea salt and then return the cups into the freezer or until solidifies.
- Serve immediately or store the cups into the refrigerator until ready to eat.

Swedish Mock Chocolate Balls

Serving: 30

Preparation time: 40 minutes; Cooking time: 0 minutes;

Nutritional Info: 53 Cal; 3 g Fats; 1 g Protein; 5 g Carb; 1 g Fiber;

Ingredients

- 1 ¼ cup spelt grain
- 1 black sapote, seeded, mashed
- ½ cup agave
- 1 tablespoon coconut extract, unsweetened
- 1 tablespoon sea moss gel
- 1/3 cup coconut butter
- Grated coconut as needed for rolling the balls

Directions

- Take a large bowl, place all the ingredients for the balls in it and then stir until well combined.
- Shape the mixture into 30 balls and then roll each ball into the coconut until coated.
- Arrange the balls on a large plate and then freeze them for 30 minutes until firm.
- Serve immediately or store the balls in the refrigerator until ready to eat.

Snickerdoodle Cookie Dough Truffles

Serving: 24

Preparation time: 30 minutes; Cooking time: 1 minute;

Nutritional Info: 140 Cal; 1 g Fats; 1.5 g Protein; 30 g Carb; 1 g Fiber;

Ingredients

- 1 cup spelt flour
- ⅛ teaspoon salt
- 1 teaspoon agave syrup
- 1 black sapote, seeded, mashed
- 2 tablespoons agave syrup
- ¾ teaspoon coconut extract, unsweetened
- 1 teaspoon coconut oil, melted
- 1 tablespoon sea moss gel
- ¼ cup and 1 teaspoon walnut milk, unsweetened

Directions

- Take a baking tray, line it with parchment paper, and then set aside until required.
- Take a medium bowl, place oil in it along with sea moss gel, agave syrup, and coconut, and then whisk in salt, and milk until combined.
- Add flour, stir until incorporated, shape the mixture into 24 balls, each ball about 1 tablespoon of mixture, and then arrange the balls on the prepared baking tray.
- Mash the black sapote in a bowl and then stir in agave syrup.
- Working on one ball at a time, coat the ball into the black sapote mixture using two forks, return it on the baking tray and then freeze for a minimum of 15 minutes until mock chocolate has solidified.
- Sprinkle salt over the balls and serve immediately or store the balls in the refrigerator until ready to serve.

Hemp Fudge

Serving: 24

Preparation time: 55 minutes; Cooking time: 0 minutes;

Nutritional Info: 72 Cal; 4.8 g Fats; 2.2 g Protein; 4.8 g Carb; 1.2 g Fiber;

Ingredients

- ½ cup hemp seeds
- 3 teaspoons onion powder
- ½ cup walnuts
- 2 black sapote, seeded, mashed
- 1 tablespoon sea moss gel
- 1/3 cup agave syrup
- ¼ cup coconut oil

Directions

- Take a small baking dish, line it with parchment paper, and then set aside until required.

- Place all the ingredients in a food processor, pulse until smooth, and then spoon the mixture into the prepared baking dish.
- Spread the mixture in an even layer and then place the dish into the refrigerator for 45 minutes or until firm.
- Cut the fudge into 24 squares and serve or store in the refrigerator until ready to eat.

Candy Bars

Serving: 2

Preparation time: 1 hour; Cooking time: 20 minutes;

Nutritional Info: 314 Cal; 23.9 g Fats; 4.9 g Protein; 22 g Carb; 3 g Fiber;

Ingredients

For the Shortbread:

- ½ cup spelt flour
- 2 tablespoons melted coconut oil
- 1 tablespoon coconut butter
- ¼ teaspoon coconut extract, unsweetened
- 2 tablespoons agave syrup

For the Walnut Layer:

- 1/8 teaspoon sea salt
- 1/3 cup agave syrup
- 1/3 cup walnut butter
- ¼ cup coconut butter, melted
- 1 tablespoon sea moss gel
- 2 tablespoons tahini

For the Coating:

- 1-ounce coconut butter
- ¼ cup agave syrup

Directions

- Switch on the oven, then set it to 300 degrees F and let it preheat.
- Prepare the shortbread and for this, take a medium bowl, place flour in it, add remaining ingredients in it and then stir until crumbly mixture comes together.
- Take a 4-by-7 inch baking dish, line it with a parchment sheet, spoon the prepared mixture in it, and then spread it evenly, pressing the mixture into the dish.
- Place the dish into the oven and then bake for 18 to 20 minutes until the top turns golden brown.
- When done, remove the dish from the oven and cool the bread completely into the dish.
- Meanwhile, prepare the walnut layer and for this, take a small bowl, place tahini in it along with agave syrup and walnut butter and then whisk until well combined.
- Whisk in coconut butter and sea moss gel until incorporated, and then whisk in salt until mixed.
- When the shortbread has cooled, spread the walnut mixture on its top and then let the dish rest in the freezer for 45 minutes or more until the hazelnut mixture turn solidifies.
- Then take out the shortbread from the baking dish by running a knife along its edges and cut the bread into eight evenly size bars.

- Take a small bowl, place coconut butter in it and agave syrup until combined.
- Working on one bar at a time, dip it into the black sapote mixture using two forks, arrange on a baking sheet lined with parchment paper, and then refrigerator a minimum of 10 minutes until solidifies.
- Serve immediately.

Confections

Banana Loaf

Serving: 10

Preparation time: 15 minutes; Cooking time: 50 minutes;

Nutritional Info: 147.6 Cal; 1 g Fats; 4 g Protein; 32 g Carb; 2.7 g Fiber;

Ingredients

- 2 cups spelt flour
- 1 cup mashed baby bananas
- ¾ cup agave
- 1 teaspoon baking soda
- 1 cup sea moss gel
- 6 tablespoons chickpea water
- 125 grams butter, unsalted

- 2 teaspoons soy milk

Directions

- Switch on the oven, then set it to 360 degrees F and let it preheat.
- Meanwhile, take a medium bowl, place butter in it, add agave, and whisk until creamy.
- Take a separate bowl, place mashed bananas in it, add sea moss gel and chickpea water, and then whisk until well beaten.
- Take a small saucepan, place it over medium-low heat, add baking soda and soy milk, stir until mixed, and then cook until creamy mixture comes together.
- Spoon the baking soda mixture into the banana mixture, stir thoroughly and then stir in flour, ½ cup at a time, until incorporated.
- Add remaining ingredients and then stir until smooth batter comes together.
- Take a loaf pan, grease it with oil, spoon the prepared batter in it and then bake for 50 minutes until the cake turn firm and the top turns golden brown.
- When done, let the loaf cool for 10 minutes in its pan, then take it out and let it rest on a wire rack until cool completely.
- Cut the loaf into slices and then serve.

Macadamia Cheesecake

Serving: 8

Preparation time: 2 hours; Cooking time: 0 minutes;

Nutritional Info: 314.2 Cal; 20.6 g Fats; 7.6 g Protein; 30 g Carb; 5.2 g Fiber;

Ingredients

- 2 ¼ cups Brazil nuts, soaked
- 1 cup agave
- ¾ cup sea moss gel
- ¼ teaspoon salt
- 2 tablespoons soy lecithin
- 4 tablespoons key lime juice
- 1 cup coconut oil
- 1 teaspoon coconut extract, unsweetened
- 2 black sapote, seeded, mashed
- 2 ¾ cups water

Directions

- Place all the ingredients in a food processor and then pulse until a smooth paste comes together.
- Take a 10-inch cheesecake pan, pour the blended batter in it and then smooth the top with a spatula.
- Place the pan into the refrigerator and then freeze for a minimum of 2 hours until the cake turn firm.
- Cut the cake into slices and then serve.

Healthy Banana Pie

Serving: 2

Preparation time: 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 199.5 Cal; 7.3 g Fats; 4.3 g Protein; 29.9 g Carb; 0.8 g Fiber;

Ingredients

For the Crust:

- 5 apricots, pitted, peeled
- 2 cups grated coconut

For the Banana Layer:

- 1 burro banana, peeled, sliced
- 2 tablespoons grated coconut

For the Mock Cocoa Layer:

- 1 black sapote, seeded, mashed
- 2 tablespoons agave syrup
- 2 tablespoons lucuma powder
- 4 tablespoons Irish sea moss
- 1 ½ tablespoon coconut oil

Directions

- Prepare the crust and for this, place apricot in it, add coconut and then pulse until well combined.
- Take a 9-inch pie pan, spoon the apricot mixture in it, and then spread it evenly.
- Prepare the mock cocoa layer and for this, take a medium bowl, place all of its ingredients in it and then stir until combined.
- Spread the mock cocoa mixture over the crust, scatter banana slices on top and then sprinkle with coconut.
- Serve immediately.

Mock Chocolate Pie

Serving: 6

Preparation time: 4 hours; Cooking time: 0 minutes;

Nutritional Info: 353.8 Cal; 18.5 g Fats; 4.7 g Protein; 46.5 g Carb; 2.5 g Fiber;

Ingredients

For the Base:

- 200 grams walnuts
- 150 grams Brazil nuts
- 100 grams Medjool dates, pitted
- ½ teaspoon water

For the Mock Chocolate Mousse:

- 1 cup walnut milk, unsweetened
- 1 cup coconut oil
- 2 black sapote, seeded, mashed
- 1 cup agave

- 3 cups soaked Brazil nuts

For the Mock Chocolate Glaze:

- 1 black sapote, seeded, mashed
- 30 grams coconut oil, melted
- 6 grams coconut butter

For the Irish Sea Moss Gel:

- 20g soaked Irish moss
- 2/3 cup soft-jelly coconut milk, unsweetened
- ¼ cup coconut water

For the Coconut Meringue:

- ½ cup soaked walnuts
- 5 tablespoons agave syrup
- 1/8 teaspoon salt
- 1 teaspoon key lime juice
- ½ cup and 1 tablespoon coconut oil
- 1 cup soft-jelly coconut milk, unsweetened
- ¼ cup grated coconut

Directions

- Prepare the base and for this, take a 9-inch springform pan and then line it with baking paper, set aside until required.
- Place dates in a blender, add water, pulse until a smooth paste comes together, and then blend in nuts, one-third of the portion at a time until incorporated.
- Shape the mixture into the ball, take two-third of the ball, roll it with a rolling pin and then place it into the prepared springform pan.
- Roll the remaining dough ball and then line it on the edge of the pan, set aside until required.
- Place the mousse and for this, drain the nuts, place them in a blender, add milk and then pulse until creamy.

- Blend in agave and black sapote until smooth, and then blend in coconut oil until combined.
- Spoon the mixture into the prepared pan and let it chill in the refrigerator until firm.
- Then prepare the glaze and for this, take a heatproof bowl, place butter in it, microwave for 1 minute or more until butter melts and then stir in mashed black sapote until smooth.
- Stir in coconut oil, spread the mousse over the top of the prepared cake, and let it chill until the mousse turn firm.
- Prepare the Irish moss gel and for this, place all of its ingredients in a blender and then pulse until blended.
- Prepare the meringue and for this, pour milk into the blended Irish moss gel along with remaining ingredients for the meringue and continue blending until a thick paste comes together.
- Spoon the meringue into a small bowl and let it rest in the refrigerator for a minimum of 2 hours until set.
- When the cake is ready to eat, spoon the meringue into a piping bag and then decorate the pie with it.
- Cut the pie into slices and then serve.

Irish Sea Moss Jello

Serving: 4

Preparation time: 3 hours and 10 minutes; Cooking time: 25 minutes;

Nutritional Info: 99 Cal; 0 g Fats; 0 g Protein; 24 g Carb; 4 g Fiber;

Ingredients

- 1 medium apple, cored, sliced
- ½ cup agave syrup
- 2 pear, diced
- 10 grapes, seedless, halved
- ½ cup Irish sea moss gel
- 1 ½ cups fruit juice

Directions

- Take a medium bowl, pour in the fruit juice, add sea moss gel and then whisk until combined.
- Pour the mixture into a saucepan, place it on medium-high heat, and then bring the mixture to a boil.

- Continue boiling the mixture for 15 minutes, let remove the pan from heat, stir in agave syrup and then let the mixture cool completely.
- Then divide the Jello evenly among four bowls and then top with fruits.
- Place the fruit bowls into the refrigerator for a minimum of 3 hours until Jello has set and then serve.

Pie Parfait

Serving: 2

Preparation time: 2 hours 20 mins; Cooking time: 0 minutes;

Nutritional Info: 307 Cal; 11.1 g Fats; 2.8 g Protein; 49 g Carb; 3.8 g Fiber;

Ingredients

For the Irish Moss Paste:

- 10 grams Irish moss, soaked

- 125 ml boiled water

For the Crumb:

- 35 grams ground walnuts
- 40 grams Brazil nuts
- 30 grams mixed nuts, Dr. Sebi approved
- 1 tablespoon and 2 teaspoons spelt flour
- ¼ teaspoon sea salt
- 1 tablespoon and 2 teaspoons agave syrup
- 1 tablespoon agave
- ½ teaspoon coconut extract, unsweetened
- 1 tablespoon and 1 teaspoon coconut oil
- 1 tablespoon and 2 teaspoons coconut butter

For the Filling:

- 55 grams Irish moss paste
- 125 grams Brazil nuts, soaked
- 1/8 teaspoon sea salt
- ½ tablespoon coconut extract, unsweetened
- 1 teaspoon key lime juice
- 10 grams coconut butter, melted
- 80 grams agave syrup
- 50 grams coconut oil, melted
- 100 grams soft-jelly coconut cream
- 425 grams squash puree

Directions

- Prepare the Irish sea moss paste and for this, rinse the soaked moss, place it into a blender, pour in the water and then pulse until blended.
- Strain the mixture through a fine-mesh sieve, store it into an air-tight container and then refrigerate for a minimum of 1 hour.
- Then prepare the crumbs and for this, place all of its ingredients except for agave and pulse until the mixture

resembles crumbs.

- Transfer the crumbs mixture into a bowl, add agave, stir until mixed, cover the bowl with its lid, and then set aside until needed.
- Prepare the filling and for this, place all of its ingredients in a blender and then pulse until smooth.
- Assemble the parfait and for this, take four large glasses, divide half of the crumbs among them and then layer with half of the filling.
- Layer the filling with the remaining crumbs and then top with the remaining filling.
- Place the parfait glasses into the freezer and then chill the parfait for 1 hour or more until set.
- Serve immediately.

Cake Bites

Serving: 12

Preparation time: 45 minutes; Cooking time: 0 minutes;

Nutritional Info: 98.2 Cal; 6.1 g Fats; 2.7 g Protein; 8.1 g Carb; 0.4 g Fiber;

Ingredients

For the Dry Ingredients:

- 1 cup Brazil nuts
- 1 ½ cups grated soft-jelly coconut
- ½ cup walnuts
- ¼ cup ground linseed
- ½ cup agave
- 1 tablespoon mesquite powder
- 1/8 teaspoon salt
- 1 teaspoon pumpkin spice

For the Wet Ingredients:

- 2 tablespoons agave syrup
- 1 teaspoon coconut extract, unsweetened
- ¼ cup Irish moss paste
- 2 tablespoons coconut oil, melted
- ¼ cup squash puree

For the Coating:

- 1 cup grated soft-jelly coconut

Directions

- Place all the dry ingredients in a blender and then pulse until the mixture resemble flour.
- Add all the wet ingredients except for Irish moss paste and then pulse until well combined.
- Add moss gel and then pulse until the dough comes together.
- Place the dough into a large bowl, shape it into evenly sized balls and then roll each ball into coconut until

coated.

- Let the balls chill in the refrigerator for a minimum of 30 minutes and then serve.

Orange Cheesecake

Serving: 8

Preparation time: 3 hours and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 644 Cal; 46 g Fats; 19 g Protein; 49 g Carb; 6 g Fiber;

Ingredients

For the Crust:

- 1 ½ cups walnuts, soaked
- 1/8 teaspoon sea salt
- 1/3 cup raisins

For the Filling:

- ½ cup grated coconut
- ½ cup Medjool dates, pitted
- 2 cups Brazil nuts, soaked, drained
- ½ cup agave syrup
- ¼ cup key lime juice
- 3 ounces Irish moss gel
- ½ cup coconut oil, melted

For the Topping:

- ¼ cup Medjool dates, soaked
- 1 cup chopped orange
- 2 teaspoons key lime juice
- 6 tablespoons water

Directions

- Prepare the crust and for this, place all of its ingredients in a food processor and then pulse until incorporated.
- Spoon the mixture into an 8-inch springform pan, spread it evenly, and then set aside until required.
- Prepare the filling and for this, place dates in a blender, add key lime juice and agave syrup, and then pulse until smooth.
- Add coconut, and nuts and then pulse until smooth.
- Add Irish moss gel and coconut oil, pulse until well combined, spoon the mixture into the prepared crust, and spread evenly.
- Prepare the topping and for this, place oranges into a blender, add key lime juice and water and then blend until smooth.
- Add dates, pulse until smooth, and then spread this mixture on top of the filling.
- Place the prepared pie into the refrigerator and then let it chill for a minimum of 3 hours.
- Cut the pie into slices and then serve.

Sea Moss Cocoa Cake

Serving: 6

Preparation time: 1 hour and 30 minutes; Cooking time: 30 minutes;

Nutritional Info: 217.8 Cal; 2.4 g Fats; 3.7 g Protein; 27.3 g Carb; 2.4 g Fiber;

Ingredients

For the Wet Ingredients:

- 4 black sapote, seeded, mashed
- 1 tablespoon apple cider vinegar
- 6 tablespoons sea moss gel
- 1 tablespoon coconut extract, unsweetened
- ½ cup and 1 tablespoon grapeseed oil
- 1 cup walnut milk, unsweetened
- 1 cup boiling spring water
- ¾ cup applesauce, unsweetened

For the Dry Ingredients:

- 2 cups spelt flour
- 1 teaspoon salt
- 1 ½ teaspoon baking powder
- ¾ cup agave
- 1 ½ teaspoon baking soda
- ¾ cup agave

For the Mock Chocolate Ganache Icing:

- 1 teaspoon coconut extract, unsweetened
- 1 black sapote, seeded, mashed
- 400 ml soft-jelly coconut cream

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, take two 9-inch round cake pan, line them with parchment paper, grease with oil and then set aside until required.
- Take a small bowl, pour in milk, and then stir in vinegar, set aside until required.
- Take a large bowl, place mashed black sapote, pour in the boiling water, and let the mixture sit for 1 minute.
- Pour in the milk mixture along with the remaining wet ingredients, and then whisk until combined.
- Take a medium bowl, place all the dry ingredients in it and then stir until combined.
- Gradually whisk in dry ingredients mixture until smooth, don’t over mix, and then divide the batter evenly among the two prepared pans.
- Place the pan into the oven and then bake for 30 minutes until done.
- Then let the cakes cool in the pan for 15 minutes, then transfer to a wire rack and cool the cakes completely.

- Prepare the ganache and for this, place mashed black sapote in a large bowl.
- Take a small saucepan, place it over medium heat, pour in the coconut cream, and cook until hot, don’t bring the cream to simmer.
- Pour the hot cream over the black sapote, let the mixture sit for 1 minute, and then whisk in coconut until smooth.
- Place the ganache bowl into the refrigerator and let it chill for 1 hour, whisking every 30 minutes.
- Then spread the ganache over the cooled cake, cut into slices and serve.

Strawberry and Brazil Nuts Cheesecake

Serving: 6

Preparation time: 4 hours and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 230 Cal; 13 g Fats; 3 g Protein; 25 g Carb; 4 g Fiber;

Ingredients

For the Crust:

- 1 black sapote, seeded, mashed
- 1 cup Medjool dates, pitted, soaked
- 1/8 teaspoon salt
- 1 cup Brazil nuts, soaked, drained

For the Filling:

- 1 cup strawberries, fresh
- 2 ½ cups walnuts
- 4 tablespoons agave syrup
- 1 cup walnut milk, unsweetened
- ½ teaspoon coconut powder
- ½ cup Irish moss gel
- 2 tablespoons agar-agar

Directions

- Prepare the crust and for this, place all of its ingredients in a food processor and then pulse until the mixture resembles crumbs.
- Take an 8-inch springform pan, line it with parchment paper, grease with oil, spoon the crust mixture in it, and then spread evenly.
- Prepare the filling and for this, cut each berry into half and then arrange around the edge of the pan, cut-surface on the outside.
- Place nuts into a blender, add coconut and agave syrup, pour into the milk, and then pulse until creamy.
- Take a small pot, add sea moss gel and agar-agar, stir until mixed, place the pot over medium-low heat and then cook for 2 to 3 minutes until mixture thickens.

- Immediately, spoon the agar-agar mixture into the blender and pulse until well combined.
- Pour the filling over the prepared crust, smooth the top and then place the pan into the refrigerator for minimum 4 hours until set.
- Cut the cake into slices and then serve.

Cake

Serving: 6

Preparation time: 1 hour and 45 minutes; Cooking time: 0 minutes;

Nutritional Info: 231.3 Cal; 8.2 g Fats; 2.5 g Protein; 39.1 g Carb; 1.2 g Fiber;

Ingredients

For the Base:

- 1 cup Brazil nuts

- ¼ cup grated soft-jelly coconut
- 2 black sapote, seeded, mashed
- 1/8 teaspoon sea salt
- 4 tablespoons coconut oil, melted

For the Filling:

- 2 black sapote, seeded, mashed
- 1 ½ cup walnuts, soaked
- 1/8 teaspoon sea salt
- 2 tablespoons coconut butter, melted
- ¼ cup coconut oil, melted
- 2/3 cup agave syrup
- 1 teaspoon coconut extract, unsweetened
- ¼ cup Irish moss gel

Directions

- Prepare the crust and for this, place all of its ingredients in a food processor and then pulse until the mixture resembles crumbs.
- Spoon the mixture into an 8-inch springform cake pan, spread it evenly, and let it rest in the refrigerator for a minimum of 30 minutes.
- Then prepare the filling and for this, place all of its ingredients in a blender and then pulse until smooth.
- Pour the filling into the prepared crust, smooth the top with a spatula and let the cake rest in the refrigerator for a minimum of 1 hour.
- Cut the cheesecake into slices and then serve.

Raspberry Cheesecake

Serving: 6

Preparation time: 4 hours and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 225 Cal; 9.5 g Fats; 2 g Protein; 34 g Carb; 2 g Fiber;

Ingredients

For the Crust:

- 1 cup Brazil nuts
- 1 cup Medjool dates, pitted, soaked
- 1/8 teaspoon salt
- 1 cup Brazil nuts

For the Filling:

- ½ cup raspberries, fresh
- 2 ½ cups walnuts

- 4 tablespoons agave syrup
- 1 cup soft-jelly coconut milk, unsweetened
- ½ cup Irish moss gel
- 2 tablespoons agar-agar

For the Topping:

- ½ cup raspberries, fresh

Directions

- Prepare the crust and for this, place all of its ingredients in a food processor and then pulse until the mixture resembles crumbs.
- Take an 8-inch springform pan, line it with parchment paper, grease with oil, spoon the crust mixture in it, and then spread evenly.
- Prepare the filling and for this, place berries and nuts into a blender, add coconut syrup, pour into the milk, and then pulse until creamy.
- Take a small pot, add sea moss gel and agar-agar, stir until mixed, place the pot over medium-low heat and then cook for 2 to 3 minutes until mixture thickens.
- Immediately, spoon the agar-agar mixture into the blender and pulse until well combined.
- Pour the filling over the prepared crust, smooth the top, scatter raspberries over the top and then place the pan into the refrigerator for minimum 4 hours until set.
- Cut the cake into slices and then serve.

Key Lime Cheesecake

Serving: 6

Preparation time: 4 hours and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 190 Cal; 16 g Fats; 6 g Protein; 12 g Carb; 3 g Fiber;

Ingredients

For the Crust:

- 1 black sapote, seeded, mashed
- 1 cup Medjool dates, pitted, soaked
- 1/8 teaspoon salt
- 1 cup Brazil nuts

For the Filling:

- 1 key lime, zested
- 2 ½ cups walnuts
- 4 tablespoons agave syrup
- 1 cup soft-jelly coconut milk, unsweetened
- ½ teaspoon coconut extract, unsweetened
- ¼ cup key lime juice
- ½ cup Irish moss gel

- 2 tablespoons agar-agar

For the Topping:

- ¼ cup strawberries, fresh
- ¼ cup raspberries, fresh
- ¼ cup blackberries, fresh

Directions

- Prepare the crust and for this, place all of its ingredients in a food processor and then pulse until the mixture resembles crumbs.
- Take an 8-inch springform pan, line it with parchment paper, grease with oil, spoon the crust mixture in it, and then spread evenly.
- Prepare the filling and for this, place nuts into a blender, add key lime zest, coconut, lime juice, and agave syrup, pour into the milk, and then pulse until creamy.
- Take a small pot, add sea moss gel and agar-agar, stir until mixed, place the pot over medium-low heat and then cook for 2 to 3 minutes until mixture thickens.
- Immediately, spoon the agar-agar mixture into the blender and pulse until well combined.
- Pour the filling over the prepared crust, smooth the top and then place the pan into the refrigerator for minimum 4 hours until set.
- Top the cake with fresh berries, cut it into slices and then serve.

Blueberry Cheesecake

Serving: 6

Preparation time: 4 hours and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 193 Cal; 15 g Fats; 3 g Protein; 12 g Carb; 1 g Fiber;

Ingredients

For the Crust:

- 1 black sapote, seeded, mashed
- 1 cup Medjool dates, pitted, soaked
- 1/8 teaspoon salt
- 1 cup walnuts

For the Filling:

- ½ cup blueberries, fresh
- 2 ½ cups walnuts
- 4 tablespoons agave syrup
- 1 cup soft-jelly coconut milk, unsweetened

- ½ cup Irish moss gel
- 2 tablespoons agar-agar

For the Topping:

- ½ cup blueberries, fresh

Directions

- Prepare the crust and for this, place all of its ingredients in a food processor and then pulse until the mixture resembles crumbs.
- Take an 8-inch springform pan, line it with parchment paper, grease with oil, spoon the crust mixture in it, and then spread evenly.
- Prepare the filling and for this, place berries and nuts into a blender, add agave syrup, pour into the milk, and then pulse until creamy.
- Take a small pot, add sea moss gel and agar-agar, stir until mixed, place the pot over medium-low heat and then cook for 2 to 3 minutes until mixture thickens.
- Immediately, spoon the agar-agar mixture into the blender and pulse until well combined.
- Pour the filling over the prepared crust, smooth the top, scatter blueberries over the top and then place the pan into the refrigerator for minimum 4 hours until set.
- Cut the cake into slices and then serve.

Seaweed Muffins

Serving: 12

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 174 Cal; 8.5 g Fats; 2.2 g Protein; 23.3 g Carb; 0.6 g Fiber;

Ingredients

- 1 cup spelt flour
- 1 ½ teaspoons sea salt
- 1 cup agave
- 6 tablespoons coconut butter, salted, softened
- 3 tablespoons agave syrup
- 2 tablespoons Irish moss gel
- 6 tablespoons chickpea water
- 1 ½ tablespoon coconut oil

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, take a large bowl, place butter in it, add salt and seaweed and then whisk until smooth.
- Add remaining ingredients into the bowl and then pulse until well combined.
- Take an 8-cup muffin tray, grease with oil, spoon the batter evenly among the cups and then bake for 15 minutes until done.
- Let the baked muffins cool completely on a wire rack and then serve.

Bars

Brownies

Serving: 16

Preparation time: 10 minutes; Cooking time: 25 minutes;

Nutritional Info: 170 Cal; 13 g Fats; 6 g Protein; 11 g Carb; 4 g Fiber;

Ingredients

- 1 ½ cups mashed baby bananas
- 2 black sapote, seeded, mashed
- ½ cup Irish moss gel
- 1 cup coconut butter

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, take a 9-inch square baking pan and then grease it with oil, set aside until required.
- Place mashed bananas in a food processor, add moss gel, butter, and black sapote and then pulse until blended.
- Spoon the mixture into the prepared baking pan and then bake for 25 minutes or more until firm.
- When done, let the brownies cool completely, cut into evenly sized pieces and then serve.

Hemp Bars

Serving: 12

Preparation time: 1 hour and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 185.6 Cal; 8.5 g Fats; 7.5 g Protein; 28.8 g Carb; 4 g Fiber;

Ingredients

- ¾ cup Medjool dates, chopped
- ½ cup pistachios
- ¼ cup hemp hearts
- ½ cup sesame seeds
- ½ teaspoon agave syrup
- ¾ cup grated soft-jelly coconut
- 2 tablespoons coconut oil
- 2 tablespoons Irish sea moss gel
- ¼ cup orange juice

Directions

- Place all the ingredients in a food processor and then pulse until a crumbly mixture comes together.
- Take an 8-inch square pan, grease it with oil, spoon the mixture into it, and then spread evenly, pressing the mixture into the pan.
- Place the pan into the refrigerator, let it rest for 1 hour, and then cut into evenly sized bars.
- Serve immediately.

Granola Bars

Serving: 12

Preparation time: 10 minutes; Cooking time: 10 minutes;

Nutritional Info: 108.3 Cal; 2.3 g Fats; 2.2 g Protein; 21.2 g Carb; 1.8 g Fiber;

Ingredients

- 2 ½ cups kamut
- 1 black sapote, seeded, mashed
- 2 cups walnuts, chopped
- ½ cup agave syrup
- ¾ cup coconut butter, unsalted
- ¼ cup Irish moss gel

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.

- Take a 9-inch square baking pan, line it with parchment paper, and then set aside until required.
- Take a large bowl, place kamut in it, add walnuts and then stir until evenly mixed.
- Take a small heatproof bowl, add butter in it, add Irish moss gel, agave syrup, and coconut extract, stir until mixed, and then microwave for 30 seconds.
- Stir the mixture, spoon into the kamut bowl, and then stir until incorporated.
- Add remaining ingredients, fold until just mixed, spoon into the prepared baking pan, and then spread evenly, pressing the mixture into the pan.
- Place the prepared baking pan into the oven and then bake for 8 minutes.
- When done, let the granola cool completely on the wire rack and then cut into evenly sized bars.
- Serve immediately.

Kamut Bars

Serving: 12

Preparation time: 15 minutes; Cooking time: 20 minutes;

Nutritional Info: 139 Cal; 5 g Fats; 4 g Protein; 22 g Carb; 3 g Fiber;

Ingredients

- 2 burro bananas, peeled, mashed
- 1 cup kamut
- 5 dates, chopped
- 1 cup spelt flour
- 2 tablespoons sesame seeds
- ¼ cup coconut flakes and more for topping
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 tablespoons agave syrup
- ½ cup soft-jelly coconut milk, unsalted
- 3 tablespoons Irish moss gel
- 1/3 cup walnuts, chopped

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Take an 8-inch square pan, line it with parchment paper, and then set aside until required.
- Take a large bowl, place kamut and spelt flour in it, add salt and baking powder and then stir until mixed.
- Take a separate bowl, place the mashed banana in it, add agave syrup and milk and then stir with a fork until mixed.
- Add banana mixture into the flour mixture, stir until well combined and then fold in remaining ingredients until just mixed.
- Spoon the mixture into the prepared pan, spread it evenly, pressing into the pan, sprinkle coconut over the top, and then bake for 20 minutes until the top turn golden.
- When done, let the oat mixture cool for 10 minutes on a wire rack and then cut into evenly sized bars.
- Serve immediately.

Mock Chocolate Oatmeal Bars

Serving: 16

Preparation time: 1 hour and 15 minutes; Cooking time: 30 minutes;

Nutritional Info: 177.6 Cal; 13.6 g Fats; 4.3 g Protein; 10.4 g Carb; 2.1 g Fiber;

Ingredients

- ¾ cup kamut
- 1 black sapote, seeded, mashed
- ¼ cup spelt flour
- 1/3 cup chopped walnuts
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- 1/3 cup coconut flakes
- ¼ teaspoon baking soda
- ¼ cup agave
- ½ teaspoon coconut extract, unsweetened
- 6 tablespoons chickpea water
- 2 tablespoons melted coconut oil

- ¼ cup and 2 tablespoons coconut butter, unsalted

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, take an 8-inch baking pan, line it with parchment paper- and set aside until required.
- Take a large bowl, place flour in it, add kamut, coconut, salt, baking soda, and powder, and then stir until mixed.
- Take a separate bowl, place chickpea water in it, add butter, oil, coconut extract, and agave, and then whisk until smooth.
- Pour the chickpea mixture into the kamut mixture, stir until well combined, and then fold in walnuts and black sapote until mixed.
- Spoon the mixture into the prepared baking pan, spread it evenly, and then bake for 30 minutes until the top turns golden brown.
- When done, let the mixture cool for 1 hour on a wire rack and then cut it into 16 slices.
- Serve immediately.

Mock Chocolate Bars

Serving: 16

Preparation time: 1 hour and 45 minutes; Cooking time: 1 minute;

Nutritional Info: 190 Cal; 19 g Fats; 4 g Protein; 14 g Carb; 8 g Fiber;

Ingredients

- ½ cup hemp seeds
- 1 ¼ cup chopped walnuts
- 1 ¼ cup chopped brazil nuts
- ¼ cup dried cherries, chopped
- 1/3 cup toasted sesame seeds
- 2 black sapote, seeded, mashed
- 2 tablespoons Irish sea moss gel
- 1/3 cup coconut oil
- ½ teaspoon coconut extract, unsweetened
- ¾ cup coconut butter
- 1/3 cup agave syrup

Directions

- Take a 1—by-7 inches baking pan, line it with parchment paper, and then set aside until required.
- Take a large bowl, place hemp seeds, walnuts and Brazil nuts in it, add sesame seeds, and then stir until mixed, set aside until required.
- Take a heatproof bowl, add butter, agave syrup, and coconut oil in it, stir until mixed, and then microwave for 1 minute until butter has melted, stirring every 30 seconds.
- Remove bowl from the oven and then stir the black sapote until just mixed.
- Spoon the mock chocolate mixture into the nut mixture, stir until well combined, and then spoon the mixture into the prepared baking pan, spreading it evenly.
- Place the baking pan into the refrigerator and let it rest for 1 hour and 30 minutes until the mixture turns very firm.
- Cut the mixture into 16 evenly sized bars and then serve.

Berry Oatmeal Bars

Serving: 8

Preparation time: 10 minutes; Cooking time: 45 minutes;

Nutritional Info: 190 Cal; 8 g Fats; 4 g Protein; 28 g Carb; 5 g Fiber;

Ingredients

- 1 ½ cup chopped walnuts
- 1 cup chopped Brazil nuts
- ½ teaspoon salt
- 2 tablespoons ground linseed
- ¼ cup agave syrup
- ¼ cup Irish moss gel
- 1 cup coconut milk, unsweetened
- 2 cups cherries, fresh

Directions

- Switch on the oven, then set it to 375 degrees F and let it preheat.

- Meanwhile, take a large bowl, place all the ingredients in it except for berries and then stir until well combined.
- Let the mixture rest for 5 minutes, and then fold in cherries until just mixed.
- Take a 9-inch loaf pan, line it with parchment paper, spoon the prepared mixture in it and then bake for 45 minutes until the center of the mixture has set.
- When done, remove mixture oatmeal mixture from the oven, let it cool completely on a wire rack, and then cut into eight evenly sized slices.
- Serve immediately.

Blueberry Bars

Serving: 16

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 75 Cal; 1.5 g Fats; 2.2 g Protein; 14.3 g Carb; 2.5 g Fiber;

Ingredients

- 1 cup spelt flour

- 1 cup chopped Brazil nuts
- ¼ teaspoon sea salt
- ¾ cup mashed burro banana
- 1 tablespoon cornstarch
- ¼ cup ground linseed
- 2 cups blueberries, fresh
- 2 tablespoons Irish moss gel
- 3 tablespoons water

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Take an 8-inch baking pan, line it with parchment paper, grease with oil, and then set aside until required.
- Take a large bowl, place spelt flour in it, add walnuts, salt, linseed, banana, Irish moss gel, and water and then stir until crumbly mixture comes together.
- Take a separate bowl, place berries in it, crush them with a fork and then stir in cornstarch.
- Spoon the half of the spelt mixture into the prepared baking pan, spread it evenly, pressing it into the pan, and then spread the berries mixture on top.
- Sprinkle the spelt remaining mixture over the top of the berries mixture and then bake for 30 minutes until the top turn golden brown.
- When done, let the spelt mixture cool completely in its pan on a wire rack and then let it rest completely in the refrigerator until chilled.
- Cut the spelt mixture into 16 evenly sized bars and then serve.

Strawberry Bars

Serving: 16

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 308 Cal; 13 g Fats; 3 g Protein; 45 g Carb; 2 g Fiber;

Ingredients

- 1 cup spelt flour
- ½ cup chopped Brazil nuts
- ½ cup chopped walnuts
- ¼ teaspoon sea salt
- ¾ cup mashed burro banana
- 1 tablespoon cornstarch
- ¼ cup ground linseed
- 1 ½ cup chopped strawberries, fresh
- 2 tablespoons Irish moss gel
- 3 tablespoons water

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Take an 8-inch baking pan, line it with parchment paper, grease with oil, and then set aside until required.
- Take a large bowl, place spelt flour in it, add Brazil nuts, walnuts, salt, linseed, banana, Irish moss gel, and water and then stir until crumbly mixture comes together.
- Take a separate bowl, place berries in it, crush them with a fork and then stir in cornstarch.
- Spoon the half of the spelt mixture into the prepared baking pan, spread it evenly, pressing it into the pan, and then spread the berries mixture on top.
- Sprinkle the remaining spelt mixture over the top of the berries mixture and then bake for 30 minutes until the top turn golden brown.
- When done, let the oat mixture cool completely in its pan on a wire rack and then let it rest completely in the refrigerator until chilled.
- Cut the oat mixture into 16 evenly sized bars and then serve.

Cake Bars

Serving: 8

Preparation time: 10 minutes; Cooking time: 12 minutes;

Nutritional Info: 374 Cal; 9 g Fats; 7 g Protein; 32 g Carb; 3 g Fiber;

Ingredients

- ¾ cup spelt
- 1 cup Brazil nuts
- 1/4 teaspoon salt
- ½ cup walnuts
- ½ cup Medjool dates, pitted
- 3 tablespoons sea moss gel
- 2 teaspoons agave syrup
- 4 ounces applesauce, unsweetened
- ¼ cup coconut yogurt

Directions

- Switch on the oven, then set it to 350 degrees F and let it preheat.
- Meanwhile, place oats in a blender, add remaining ingredients except for agave syrup and yogurt, and then pulse until well combined.
- Take a 6-inch square pan, spoon the mixture in it, spread it evenly, and then bake for 12 minutes until done.
- Then let the cake mixture cool completely and cut into 8 bars.
- Take a small bowl, place agave syrup in it, add yogurt and then whisk until well combined.
- Drizzle the yogurt mixture over the bars and then serve.

Cranberry Granola Bars

Serving: 4

Preparation time: 10 minutes; Cooking time: 25 minutes;

Nutritional Info: 232 Cal; 10.5 g Fats; 3.5 g Protein; 34 g Carb; 3 g Fiber;

Ingredients

- ¾ cup spelt
- ½ cup sesame seeds
- 1 cup Medjool dates, pitted
- ¼ cup hemp seeds
- ½ cup chopped strawberries
- ½ teaspoon sea salt
- 2 tablespoons ground linseed
- ¼ cup sea moss gel
- 1 teaspoon coconut extract, unsweetened
- ¾ cup water

Directions

- Switch on the oven, then set it to 325 degrees F and let it preheat.
- Meanwhile, take an 8-inch square pan, line it with parchment paper, and then set it aside until required.
- Place spelt in a blender, pulse until mixture resembles flour, and then place into a large bowl.
- Add dates, water, and sea moss gel into the blender, pulse until smooth, and then blend in coconut extract until mixed.
- Pour the mixture into the spelt mixture, add remaining ingredients and then stir until well combined.
- Spoon the mixture into the prepared baking pan, spread evenly, and then bake for 25 minutes until firm.
- When done, let the granola mixture rest for 5 minutes, then cool it completely on a wire rack and cut into evenly sized slices.
- Serve immediately.

Blondies

Serving: 16

Preparation time: 4 hours and 30 minutes; Cooking time: 0 minutes;

Nutritional Info: 334 Cal; 19 g Fats; 8 g Protein; 34 g Carb; 5 g Fiber;

Ingredients

For the Blondies

- 1 ½ cup Medjool dates, pitted
- 2 cups walnuts
- ½ teaspoon sea salt
- 2 tablespoons agave syrup
- 3 tablespoons sea moss gel
- 1/3 cup coconut butter

For the Frosting:

- 1 cup Medjool dates, pitted

- 1/8 teaspoon sea salt
- ½ cup coconut butter
- 3 tablespoons hot water
- 3 tablespoons coconut oil
- 2 tablespoons walnut milk, unsweetened

Directions

- Place walnuts in a blender and then pulse until the mixture resembles flour.
- Add dates along with salt, agave syrup, sea moss gel, and butter and then pulse until the thick dough comes together.
- Take an 8-inch square baking pan, line it with parchment paper, spoon the mixture into it, and then spread evenly, pressing the mixture into the pan.
- Place the pan into the freezer and let it rest for 1 hour or more until firm.
- Prepare the frosting and for this, take a small bowl, place dates in it, add hot water and then let the dates soak for 10 minutes.
- Then place the dates along with their liquid into a food processor and then pulse until a smooth paste comes together.
- Add remaining ingredients for the frosting in it and then pulse until well blended.
- Spread the prepared frosting over the firm blondies, return the pan into the refrigerator and let it rest for 3 hours until set.
- Cut the blondies into evenly sized pieces and then serve.

Blackberry Coconut Bars

Serving: 12

Preparation time: 2 hours and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 311 Cal; 28 g Fats; 3 g Protein; 22 g Carb; 6 g Fiber;

Ingredients

For the Base:

- 1/3 cup walnuts
- ½ cup coconut flour
- 1½ cup Medjool dates, pitted

For the Blackberry Layer:

- ½ cup soft-jelly coconut cream
- 2 tablespoons Irish sea moss gel
- 1 cup Brazil nuts, soaked overnight
- ½ cup agave syrup
- 1 tablespoon coconut oil, melted

- 1½ cup blackberries, fresh

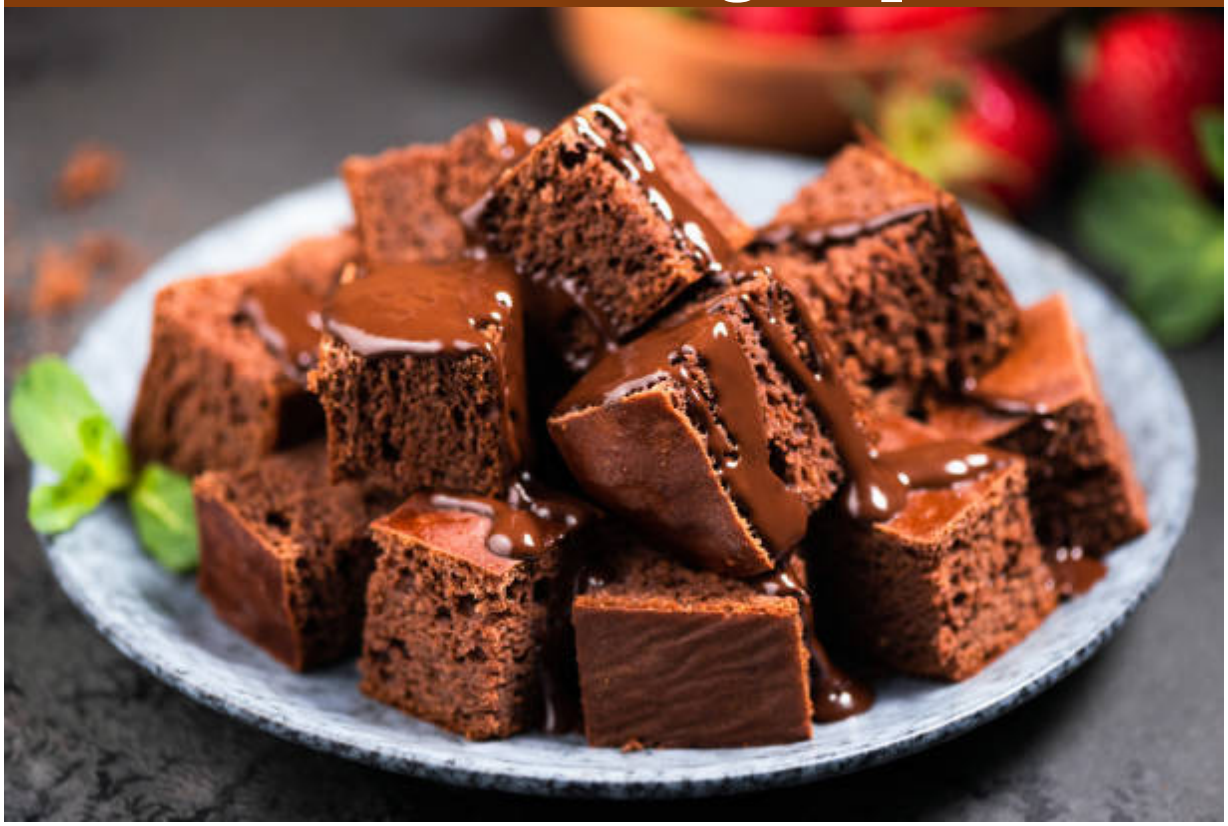
For the Coconut layer:

- 2/3 cup shredded coconut
- 1½ cup walnuts
- 3 tablespoons agave syrup
- 2 tablespoons coconut oil, melted
- 1½ cup soft-jelly coconut cream
- 1 tablespoon key lime juice

Directions

- Prepare the base and for this, place walnuts in a blender, add coconut flour, and then pulse until the mixture resembles flour.
- Add dates and then continue blending until the crumbly mixture comes together.
- Take an 8-inch square baking pan, line it with parchment paper, spoon the dates mixture in it, spread it evenly, and then let it rest in the freezer.
- Meanwhile, prepare the blackberry layer and for this, drain the nuts, place them into a blender and then pulse until the mixture resembles crumbs.
- Add remaining ingredients and then pulse until a smooth mixture comes together.
- Spoon the mixture into the prepared pan over the base, spread it evenly, and then let the pan rest in the freezer for a minimum of 1 hour.
- Prepare the coconut layer and for this, drain the walnuts, place them into a blender and then pulse until the mixture resembles crumbs.
- Add remaining ingredients and then pulse until a smooth mixture comes together.
- Spoon the mixture into the prepared pan over the blackberry layer, spread it evenly, and then let the pan rest in the freezer for a minimum of 1 hour.
- Cut the mixture into evenly sized bars and then serve.

Mock Chocolate Fudge Squares



Serving: 25

Preparation time: 1 hour and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 97 Cal; 8 g Fats; 2 g Protein; 4 g Carb; 1 g Fiber;

Ingredients

- 1 black sapote, seeded, mashed
- ½ teaspoon sea salt
- ¼ cup agave syrup
- 1 teaspoon coconut extract, unsweetened
- ¼ cup Irish sea moss gel
- ¾ cup coconut butter, softened
- 1/3 cup coconut oil, melted

Directions

- Take a medium bowl, place coconut butter in it, add Irish moss gel, coconut oil, and then whisk until smooth.
- Add salt, coconut extract, agave syrup, and mashed black sapote, and then stir until smooth.
- Take a 9-inch square baking dish, line it with parchment paper, spoon the mixture in it, and then spread evenly.
- Place the baking dish into the freezer and let the fudge rest for 1 hour.
- Cut the fudge into evenly sized squares and then serve.

Mock Chocolate Cherry Oat Bars

Serving: 16

Preparation time: 1 hour and 15 minutes; Cooking time: 0 minutes;

Nutritional Info: 109 Cal; 5 g Fats; 2 g Protein; 15 g Carb; 1 g Fiber;

Ingredients

- 12 Medjool dates, pitted and coarsely chopped

- 3 ounces dried cherries, chopped
- ¾ cup shredded coconut, unsweetened
- 1 ½ cups spelt
- 1/8 teaspoon salt
- 3 tablespoons Irish sea moss gel
- 1/3 cup coconut butter
- 1 teaspoon coconut extract, unsweetened
- 3 tablespoons coconut oil, melted
- 2 black sapote, seeded, mashed
- 4 tablespoons agave syrup

Directions

- Place dates in a food processor, add spelt, coconut extract, coconut, butter, salt, sea moss gel, and oil, and then pulse until well combined.
- Take an 8-inch square baking dish, line it with a parchment sheet, spoon the spelt mixture in it, and then spread evenly, pressing the mixture into the dish.
- Take a small bowl, place black sapote in it, add agave syrup and then stir until mixed.
- Spread the sapote mixture over the spelt mixture and then let it refrigerate for a minimum of 1 hour until set.
- Then cut the spelt mixture into 16 evenly sized squares and then serve.

Desserts

Blanc-Mange Pudding

Serving: 4

Preparation time: 1 hour and 25 minutes; Cooking time: 25 minutes;

Nutritional Info: 48.4 Cal; 1.4 g Fats; 0.6 g Protein; 8.7 g Carb; 0.9 g Fiber;

Ingredients

- 12 grams dried Irish moss seaweed, rinsed
- 3 tablespoons agave
- 1 key lime, zested
- 1/8 teaspoon coconut extract, unsweetened
- 3 tablespoons chickpea water
- 2 cups soft-jelly coconut milk, unsweetened

Directions

- Place the rinsed moss seaweed in a small bowl, cover with warm water and then let it soak for 15 minutes.
- Then drain the moss seaweed, place it in a medium saucepan and then add coconut extract, key lime zest, and milk.
- Stir until mixed, place the saucepan over medium heat, bring to boil, and then simmer for 25 minutes until mixture begins to thicken.
- Meanwhile, take a small bowl, place chickpea water in it, add agave and then whisk until well combined.
- Strain the Irish moss mixture into it, whisking continuously, and then set aside until cooled completely.
- Place the bowl in the refrigerator for 1 hour or more until set and then serve with berries.

White Faux Chocolate Pie

Serving: 8

Preparation time: 7 hours and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 398 Cal; 32 g Fats; 7 g Protein; 27 g Carb; 3 g Fiber;

Ingredients

For the Cake:

- 50 grams spelt flour
- 2 tablespoons lecithin
- 3 cups Irish sea moss paste
- 1 teaspoon sea salt
- 2 tablespoons coconut extract, unsweetened
- 1 cup agave syrup
- 1 cup coconut oil

For the Topping:

- 2 tablespoons agave syrup
- 2 cups blueberries
- 2 tablespoons Irish sea moss paste

Directions

- Place the Irish Sea moss paste into a blender, add flour and then pulse until smooth.
- Add remaining ingredients for the cake in it, blend until well combined, spoon into a pie pan, and then spread the mixture evenly.
- Take a medium bowl, place all the ingredients for the topping in it and then blend lightly until just combined.
- Spread the topping over the cake and then refrigerate for a minimum of 7 hours until set.
- Cut the cake into slices and then serve.

Key Lime Parfait

Serving: 6

Preparation time: 7 hours and 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 500 Cal; 29 g Fats; 3 g Protein; 61 g Carb; 3 g Fiber;

Ingredients

- ½ cup key lime juice
- 2 tablespoons lecithin
- 1/8 teaspoon stevia
- 3 cups Irish sea moss paste
- ¾ teaspoon sea salt
- ¾ cup coconut oil
- 1 cup spring water

Directions

- Place all the ingredients in a food processor and then pulse until smooth and creamy.

- Divide the parfait evenly among 6 glasses, then refrigerate for a minimum of 7 hours and serve.

Vegan Caramel Frappe

Serving: 4

Preparation time: 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 226 Cal; 6.2 g Fats; 3.8 g Protein; 40 g Carb; 6 g Fiber;

Ingredients

- ½ teaspoon Lucuma powder
- 4 tablespoons agave syrup
- 1/8 cup coconut butter, melted
- 4 cups burdock tea
- 2 tablespoons Irish sea moss paste
- 2 tablespoons coconut extract, unsweetened
- 1 tablespoon coconut oil

Directions

- Place all the ingredients in a food processor and then pulse until smooth and creamy.
- Divide the frappe evenly among 4 glasses and then serve.

Quint’s Espresso Pudding

Serving: 4

Preparation time: 2 hours and 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 89.2 Cal; 1.9 g Fats; 1 g Protein; 17.7 g Carb; 1.4 g Fiber;

Ingredients

- 3 tablespoon Irish sea moss paste
- 3 tablespoons agave syrup

- 2 tablespoons coconut extract, unsweetened
- ½ teaspoon lavender powder
- ½ teaspoon coconut oil
- 1 teaspoon coconut butter, melted
- 1 dried red chili pepper
- 2 cups Cat whiskers tea

Directions

- Place all the ingredients in a food processor and then pulse until smooth and creamy.
- Divide the pudding evenly among 4 bowls, then refrigerate for a minimum of 2 hours until set and serve.

Strawberry and Banana Ice Cream

Serving: 4

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 196 Cal; 1 g Fats; 2 g Protein; 49 g Carb; 5 g Fiber;

Ingredients

- 2 ½ cups chopped burro bananas, frozen
- ½ small key lime, juiced
- 1 cup strawberries, frozen
- 3 tablespoons agave syrup
- ¼ cup sea moss gel
- 2 tablespoons hemp milk

Directions

- Freeze the banana pieces and strawberries and then place them into a blender.
- Add remaining ingredients and then pulse until smooth.
- Divide the ice cream evenly among four bowls and then serve.

Mock Chocolate Ice Cream

Serving: 4

Preparation time: 4 hours and 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 111.2 Cal; 0.8 g Fats; 1.8 g Protein; 28.5 g Carb; 4.1 g Fiber;

Ingredients

- 3 black sapote, seeded, mashed
- ¼ cup agave syrup
- 1 cup agave
- ⅛ teaspoon salt
- 4 sheets of nori, cut into 1-in. pieces
- ¾ cup s0ft-jelly coconut cream
- ¼ cup sea moss gel
- 3 tablespoons chickpea water
- 2 ½ cups soft-jelly coconut milk, unsweetened

Directions

- Take a medium saucepan, place it over medium-high heat, pour in milk, add agave syrup, salt, agave, sea moss gel, and cream and then cook for 3 minutes, whisking continuously.
- Add pieces of nori sheets, cook for 8 minutes until softened, then cover pan from heat, cover with its lid and let the mixture stand for 20 minutes.
- Then pass the milk mixture through a strainer into a bowl, reserve ½ cup of the milk mixture, and pour the remaining milk into a saucepan.
- Take a large bowl and then place mashed black sapote in it.
- Take a small bowl, place chickpea water and then whisk in reserved ½ cup milk mixture.
- Pour the chickpea water mixture into the saucepan, place the pan over medium-high heat and then cook for 15 minutes until the mixture has thickened enough to coat the back of a spoon, whisking often.
- Remove the saucepan from heat, pour the mixture over the mashed black sapote, whisk until combined, and then bring the mixture to room temperature.
- Cover the bowl partially, place it into the refrigerator and let it chill for a minimum of 3 hours.
- Pour the mixture into the bowl of the ice cream maker and then process it according to the manufacturer's instructions.
- Transfer the ice cream to a freezer-proof container and then freeze it until required.
- Serve immediately.

Coconut Ice Cream

Serving: 4

Preparation time: 4 hours and 25 minutes; Cooking time: 0 minutes;

Nutritional Info: 279 Cal; 19.8 g Fats; 2.5 g Protein; 23.9 g Carb; 2.8 g Fiber;

Ingredients

- 2 tablespoons Irish sea moss gel
- 1 tablespoon agave
- ¼ cup agave syrup
- 14 ounces coconut milk, full-fat

Directions

- Place all the ingredients in a blender, and then pulse until blended.
- Pour the mixture into a large bowl, cover with its lid and then let it freeze for a minimum of 4 hours until set.

- When ready to eat, thaw the ice cream for 20 minutes and then scoop into bowls.
- Serve straight away.

Panna Cotta

Serving: 6

Preparation time: 2 hours and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 120.8 Cal; 7.2 g Fats; 2.7 g Protein; 14.1 g Carb; 2 g Fiber;

Ingredients

- ½ cup coconut meat
- 2/3 cup soaked walnuts
- 1/8 teaspoon sea salt
- 1 tablespoon of Bromide Plus Powder
- ¼ cup agave syrup and more as needed
- ¼ cup and 1 tablespoon coconut oil

- 2 cups and 2 tablespoons coconut water
- ½ cup strawberries, sliced

Directions

- Drain the walnuts, place them in a food processor, add coconut water, and then blend until very smooth.
- Strain the mixture into a bowl, return the milk into the blender, add coconut, agave syrup, and Bromide plus powder and then blend until smooth.
- Take six ramekins, grease them with coconut oil, divide the mixture evenly among them and then chill for a minimum of 2 hours until set.
- Top the panna cotta with strawberries, drizzle with some more agave syrup and then serve.

Mock Chocolate Pudding

Serving: 2

Preparation time: 3 hours and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 109.2 Cal; 2.5 g Fats; 5.1 g Protein; 19.9 g Carb; 2.9 g Fiber;

Ingredients

- 2 black sapote, seeded, mashed
- 2 teaspoons coconut extract, unsweetened
- 1/3 cup agave syrup
- 1 cup Irish sea moss gel
- ¼ cup coconut oil
- 3 cups coconut milk, unsweetened

Directions

- Place all the ingredients in a blender and then pulse until smooth.
- Divide the pudding evenly among six mason jars, refrigerate for a minimum of 3 hours until set and then serve.

Squash Pudding

Serving: 4

Preparation time: 5 minutes; Cooking time: 10 minutes;

Nutritional Info: 158 Cal; 2 g Fats; 3 g Protein; 33 g Carb; 2 g Fiber;

Ingredients

- 6 Medjool dates, pitted
- 2 tablespoons mesquite powder
- 1 teaspoon pumpkin pie spice
- ½ cup Irish moss gel
- 1 teaspoon coconut extract, unsweetened
- 2 tablespoons walnut butter
- 2/3 cup walnut milk
- 2 cups squash puree

Directions

- Place all the ingredients in a blender and then pulse until smooth.

- Divide the pudding evenly among four mason jars, refrigerate for a minimum of 3 hours until set and then serve.

Squash Mousse Pie

Serving: 6

Preparation time: 2 hours and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 360 Cal; 20.6 g Fats; 4.3 g Protein; 42.4 g Carb; 3.6 g Fiber;

Ingredients

For the Mousse:

- 1 1/3 cup Brazil nuts, soaked
- 2 tablespoons Irish sea moss gel
- ¼ cup agave syrup
- 6 tablespoons coconut oil

- ¼ cup water
- 2 cups squash puree

For the Crust:

- 1/3 cup Medjool dates, pitted
- 1 cup walnuts
- 1/8 teaspoon sea salt

Directions

- Prepare the mousse and for this, place all of its ingredients in a blender and then pulse until smooth.
- Prepare the crust and for this, place pecans in a blender, add salt, and then pulse until a crumbled mixture comes together.
- Add dates, pulse until well combined, spoon the mixture into a pie pan, and then spread evenly in the bottom.
- Spoon the mousse over the crust, spread it evenly, and then refrigerate for a minimum of 2 hours.
- Serve immediately.

Seaweed Pudding

Serving: 2

Preparation time: 45 minutes; Cooking time: 30 minutes;

Nutritional Info: 267.3 Cal; 2 g Fats; 6.5 g Protein; 57.5 g Carb; 4.3 g Fiber;

Ingredients

- ¾ cup Irish moss
- 1/8 teaspoon sea salt
- 1/3 teaspoon key lime zest
- ½ teaspoon coconut extract, unsweetened
- 2 tablespoons agave
- 4 tablespoons whipped soft-jelly coconut cream
- 4 cups soft-jelly coconut milk, unsweetened

Directions

- Rinse the seaweed, place it in a medium bowl, cover with water and then let it soak for 30 minutes.

- Then rinse the seaweed, tie it in a cheesecloth, place it in a bowl, and then pour in the milk.
- Prepare a double boiler, place the milk bowl on it and then cook for 30 minutes.
- Then remove the cheesecloth bag from the bowl, add remaining ingredients and then stir until combined.
- Divide the pudding evenly among four bowls and then let them chill for a minimum of 2 hours until set.
- Sprinkle agave over the pudding, top with cream, and then serve.

Mock Chocolate Espresso Pudding

Serving: 2

Preparation time: 2 hours and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 277 Cal; 19 g Fats; 4 g Protein; 32 g Carb; 9 g Fiber;

Ingredients

- 1 black sapote, seeded, mashed
- 1 tablespoon agave syrup
- 2 teaspoons espresso powder
- ½ teaspoon coconut extract, unsweetened
- 2 tablespoons coconut oil, melted
- ½ cup Irish moss gel
- 1 cup soft-jelly coconut milk, unsweetened

Directions

- Place all the ingredients in a blender and then pulse until very smooth.
- Divide the pudding evenly between two bowls, let them refrigerate for a minimum of 2 hours until set, and then serve.

Irish Moss and Ackee Mousse

Serving: 4

Preparation time: 2 hours and 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 102.3 Cal; 6 g Fats; 2 g Protein; 10.1 g Carb; 0.3 g Fiber;

Ingredients

- 120 grams prepared Irish moss gel
- ¼ teaspoon coconut extract, unsweetened
- 120 grams agave syrup
- 200 grams parboiled ackee
- 200 grams soft-jelly coconut milk, unsweetened

Directions

- Take a medium saucepan, pour in the milk, add ackee and sea moss and then cook for 3 to 5 minutes until thoroughly warmed.
- Transfer the mixture into a blender, add remaining ingredients and then pulse until smooth.
- Divide the mousse evenly among the four glasses and then refrigerator for a minimum of 2 hours until set.
- Serve immediately.

Soups

Avocado Soup

Serving: 4

Preparation time: 1 hour and 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 159 Cal; 12 g Fats; 6.3 g Protein; 10.7 g Carb; 4.9 g Fiber;

Ingredients

- 2 avocados, peeled, pitted
- ¼ cup chopped cilantro
- 2 green onions, green part only
- 1 teaspoon sea salt
- ¼ cup key lime juice

- ¼ teaspoon ground cumin
- 4 tablespoons sea moss gel
- 4 cups vegetable broth

Directions

- Place all the ingredients in a blender and then pulse until smooth.
- Pour the soup into a large bowl, cover with its lid and then let it rest in the refrigerator for a minimum of 1 hour until chilled.
- When done, ladle soup into serving bowls and then serve.

Zucchini Soup

Serving: 4

Preparation time: 10 minutes; Cooking time: 30 minutes;

Nutritional Info: 120 Cal; 9 g Fats; 2 g Protein; 8 g Carb; 1 g Fiber;

Ingredients

- 2 large zucchini, thinly sliced
- ½ of a medium white onion, peeled, diced
- 1 tablespoon coconut oil
- ½ cup soft-jelly coconut milk, unsweetened
- ½ cup sea moss gel
- 3 cups vegetable stock

Directions

- Take a large pot, place it over medium-high heat, add oil and then let it heat until hot.
- Add onion, cook for 3 to 5 minutes until onion turns soft, add zucchini, and then cook for 3 minutes until softened.
- Add salt and sea moss gel, pour in the stock, and then bring it to a boil.
- Switch heat to medium level and then simmer the soup for 20 minutes.
- Remove pot from heat, puree it using an immersion blender and then stir in milk.
- Bring the soup to a boil, remove the pot from heat and then serve.

Cream of Kale Soup

Serving: 5

Preparation time: 5 minutes; Cooking time: 12 minutes;

Nutritional Info: 152 Cal; 8.6 g Fats; 5 g Protein; 16 g Carb; 4 g Fiber;

Ingredients

- 8 ounces kale, chopped
- 1 medium white onion, peeled, chopped
- 2 teaspoons sea salt
- 1 tablespoon avocado oil
- 28 ounces soft-jelly coconut milk, unsweetened
- ½ cup sea moss gel
- 2 cups water

Directions

- Take a large pot, place it over medium-high heat, add oil and then let it heat until hot.

- Add onion, cook for 5 minutes until onion begins to turn brown, and then pour in water and half of milk.
- Add sea moss gel, salt, and kale, stir until mixed, and then bring it to simmer.
- Switch heat to medium level, simmer the soup for 5 minutes and then remove the pot from heat.
- Let the soup cool for 10 minutes, then puree it using an immersion blender and stir in the remaining milk until combined.
- Ladle soup into bowls and then serve.

Tomato Soup

Serving: 3

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 239 Cal; 15 g Fats; 6 g Protein; 28 g Carb; 6 g Fiber;

Ingredients

- ½ of a medium onion, peeled, diced
- 14 ounces crushed tomatoes
- ½ cup sliced sun-dried tomatoes
- 1 teaspoon salt
- ¼ cup sea moss gel
- 2 tablespoons tomato paste
- 1 tablespoon avocado oil
- 2 ¼ cups vegetable stock
- ½ cup coconut milk, unsweetened

Directions

- Take a large pot, place it over medium-high heat, add oil and then let it heat until hot.
- Add onion, cook for 5 minutes until onions turn soft, stir in tomato paste and then cook for 2 minutes.
- Add tomatoes, crushed tomatoes, and sea moss gel, pour in the vegetable stock and then bring the soup to a boil.
- Switch heat to medium level, simmer the soup for 10 minutes, then remove the pot from heat and then puree using an immersion blender.
- Pour milk into the pot, whisk until blended and then stir in salt until mixed.
- Ladle soup into bowls and then serve.

Cucumber Soup

Serving: 5

Preparation time: 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 93.6 Cal; 7.2 g Fats; 2 g Protein; 9.2 g Carb; 5.2 g Fiber;

Ingredients

- 2 ¼ pounds cucumber, halved, seeded, diced
- 1/3 cup dill
- 1 ½ teaspoon salt
- ¼ cup parsley leaves
- 1 teaspoon ground white pepper
- 2 tablespoons tarragon leaves
- 3 tablespoons key lime juice
- ¼ cup avocado oil, plus more for drizzling
- 4 tablespoons sea moss gel
- 1 cup coconut yogurt

Directions

- Place all the ingredients in a blender and then pulse until smooth.
- Pour the soup into a large bowl, cover with its lid and then let it rest in the refrigerator for a minimum of 1 hour until chilled.
- When done, ladle soup into serving bowls, drizzle oil over the top and then serve.

Cream of Mushroom Soup

Serving: 4

Preparation time: 10 minutes; Cooking time: 20 minutes;

Nutritional Info: 126 Cal; 8 g Fats; 4.3 g Protein; 11.2 g Carb; 1.4 g Fiber;

Ingredients

- ½ pound button mushrooms, thinly
- 1 medium white onion, peeled, diced

- ¼ cup Brazil nuts
- ¼ cup sea moss gel
- 1 ½ teaspoon salt
- 1 teaspoon dried thyme
- 1 teaspoon avocado oil
- 4 cups vegetable stock

Directions

- Place Brazil nuts in a blender, pour in 1 cup vegetable stock, and then pulse until blended, set aside until required.
- Take a medium saucepan, place it over medium-high heat, add oil and let it heat until hot.
- Add onion, cook for 3 to 5 minutes until onions turn soft and golden, add mushrooms, and continue cooking for 5 to 8 minutes until mushrooms turn tender.
- Stir in sea moss gel and thyme, cook for 1 minute and then slowly whisk in remaining vegetable broth and smooth.
- Bring the soup to boil, whisk in the nut mixture, taste the soup to adjust seasoning, and bring the soup to boil.
- Remove pan from heat, ladle soup among bowls and then serve.

Bone Soup

Serving: 6

Preparation time: 10 minutes; Cooking time: 8 hours;

Nutritional Info: 32 Cal; 1 g Fats; 1 g Protein; 8 g Carb; 1 g Fiber;

Ingredients

- 1 cup dandelion greens
- 1 cup dried kelp
- 2 cups dried mushrooms
- ¼ cup cilantro leaves
- 3 bay leaves
- ¼ cup sea moss gel
- 10 cups spring water

Directions

- Switch on a 6-quart slow cooker, add all the ingredients to it and then stir until mixed.

- Shut the slow cooker with its lid and then cook for 8 hours at a low heat setting.
- When done, strain the soup into a large bowl and then store it in cleaned mason jars.
- Use the broth when required.

Zucchini and Avocado Soup

Serving: 4

Preparation time: 5 minutes; Cooking time: 15 minutes;

Nutritional Info: 126 Cal; 10 g Fats; 2 g Protein; 9 g Carb; 3 g Fiber;

Ingredients

- 1½ pound zucchini, destemmed, cubed
- 1 small white onion, peeled, chopped
- ½ of an avocado, peeled, pitted, diced
- 1 teaspoon salt
- 2 tablespoons key lime juice

- 2 tablespoons avocado oil
- 3½ cups vegetable stock

Directions

- Take a large pot, place it over medium-high heat, add oil and then let it heat.
- Add onion, cook for 5 minutes until translucent, add zucchini, and then continue cooking for 5 minutes until tender and golden brown.
- Pour in the stock, bring the mixture to a boil, remove the pot from heat, and add avocado, and salt.
- Puree the soup using an immersion blender, stir in key lime juice and then serve.

Cream of Olive Soup

Serving: 4

Preparation time: 10 minutes; Cooking time: 15 minutes;

Nutritional Info: 310 Cal; 22 g Fats; 5 g Protein; 23 g Carb; 6 g Fiber;

Ingredients

- 1 cup olives
- 4 tablespoons sea moss gel
- 1 teaspoon salt
- 1 cup coconut cream
- 3 tablespoons avocado oil
- ½ cup chopped parsley
- 4 ¼ cups vegetable stock

Directions

- Take a large pot, place it over medium heat, add oil and then let it heat until hot.
- Add olives, pour in the stock, bring to simmer, and then stir in sea moss gel.
- Cook the soup for 5 minutes or more until olives have cooked, whisk in the cream, bring the soup to a simmer and then season with salt.
- Ladle soup into bowls, top with parsley, and then serve.

Avocado and Cucumber Soup

Serving: 2

Preparation time: 1 hour and 5 minutes; Cooking time: 0 minutes;

Nutritional Info: 72 Cal; 7.2 g Fats; 0.3 g Protein; 2 g Carb; 0.2 g Fiber;

Ingredients

- 1 avocado, peeled, pitted
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 large cucumber, chopped
- 2 tablespoons sea moss gel
- 1 key lime, juiced
- ½ cup water

Directions

- Place all the ingredients in a food processor and then pulse until smooth.

- Pour the soup into a large bowl, cover with its lid and then let it chill for a minimum of 1 hour.
- Serve straight away.

Watercress Soup

Serving: 2

Preparation time: 10 minutes; Cooking time: 35 minutes;

Nutritional Info: 42 Cal; 0.4 g Fats; 2.9 g Protein; 6.6 g Carb; 0.8 g Fiber;

Ingredients

- 2 bunches of watercress, destemmed, rinsed
- 1¼ teaspoon sea salt
- 1 teaspoon ground white pepper
- ¼ cup sea moss gel
- 4 cups vegetable broth

Directions

- Take a medium saucepan, pour in the broth, stir in salt and then place it over medium-high heat.
- Bring the broth to a boil, add watercress, switch heat to medium level and then simmer for 20 to 30 minutes until watercress has thoroughly cooked.
- Stir in the sea moss gel along with pepper, ladle it into bowls, and then serve.

Chilled Berries Soup

Serving: 4

Preparation time: 3 hours and 10 minutes; Cooking time: 5 minutes;

Nutritional Info: 208 Cal; 1.4 g Fats; 3.6 g Protein; 48.4 g Carb; 7 g Fiber;

Ingredients

- 2 cups raspberries, fresh
- ¼ cup agave
- 2 cups strawberries halves, fresh
- 1/3 cup strawberry juice
- ¼ cup sea moss gel
- 1/3 cup raspberry juice
- 8-ounce coconut yogurt

Directions

- Place raspberries and strawberries in a food processor and then pour in both juices.
- Pulse until well combined, and then strain the mixture into a medium saucepan.
- Stir in agave, and sea moss gel, place the pan over medium-high heat and then bring it to a boil.
- Switch heat to medium level, cook for 2 minutes, then remove the pan from heat and spoon the mixture into a large bowl.
- Cover the bowl with its lid and then let it rest in the refrigerator for a minimum of 3 hours.
- When ready to serve, stir yogurt into the soup and then serve.

Cantaloupe Soup

Serving: 4

Preparation time: 2 hours and 5 minutes; Cooking time: 0 minute;

Nutritional Info: 92 Cal; 0.9 g Fats; 1.6 g Protein; 18.8 g Carb; 1.8 g Fiber;

Ingredients

- 5 cups cantaloupe pieces, seeded
- 1 tablespoon agave syrup
- 2 tablespoons key lime juice
- ¼ cup sea moss gel
- ½ cup coconut milk, unsweetened
- 2 tablespoons chopped rosemary leaves

Directions

- Place cantaloupe in a food processor, add key lime juice, sea moss gel, and agave syrup, and then pulse until smooth.

- Pour in the milk, pulse until incorporated, pour the soup into a large bowl, cover with its lid, and then refrigerate for a minimum of 2 hours.
- Ladle the chilled soup into bowls, garnish with rosemary and then serve.

Butternut Squash Soup

Serving: 6

Preparation time: 10 minutes; Cooking time: 35 minutes;

Nutritional Info: 126.4 Cal; 7 g Fats; 1.3 g Protein; 16.8 g Carb; 4.6 g Fiber;

Ingredients

- 3-pound butternut squash, peel (deseed and cut into cubes)
- 1 large white onion, peeled, chopped
- ½ teaspoon sea salt
- 1 tablespoon chopped sage

- ½ tablespoon minced rosemary
- ¼ cup sea moss gel
- 2 tablespoons avocado oil
- 3 cups vegetable broth

Directions

- Take a large pot, place it over medium-high heat, add oil and then let it heat.
- Add onion, stir in salt and then cook for 5 to 8 minutes until onion turn softened.
- Add squash pieces, continue cooking for 10 minutes or until soften, stir in rosemary, and sage and cook for 1 minute until fragrant.
- Pour in 3 cups broth, bring the soup to boil, switch heat to medium level, stir in sea moss gel and then simmer the soup for 20 minutes.
- Remove pot from heat, puree the soup using the immersion blender and taste the soup to adjust seasoning.
- Ladle soup into bowls and then serve.

Mango Soup

Serving: 2

Preparation time: 2 hours and 10 minutes; Cooking time: 0 minutes;

Nutritional Info: 172.3 Cal; 9.4 g Fats; 2.8g Protein; 22.2 g Carb; 2 g Fiber;

Ingredients

- 1 large mango, peeled, destoned
- 1 small chili peppers, minced
- ½ of a medium onion, peeled, chopped
- 2 tablespoons sea moss gel
- 1 key lime, juiced
- ½ cup cold water

Directions

- Place all the ingredients in a food processor and then pulse until smooth and creamy.

- Ladle the soup into a large bowl, cover with its lid and then let it rest in the refrigerator for a minimum of 2 hours until chilled.
- Serve straight away.